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Modern Sex Life

WITH CASE HISTORIES

By Edwin W Hirsch R C M D

1949
PERMABOOKS

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DURING the past year a momentous change has been wrought about in the average individual's attitude towards sexual relations. A new and penetrating light has been thrown on this subject by a very excellent piece of investigational study known as "*Sexual Behavior in the Human Male*" by Dr. Kinsey. In my chapter on the Kinsey report, I have given a brief survey of the results of this momentous work. The author and his co-workers obtained their data by questioning a large cross-section of the male population of all ages. The men interviewed were asked about their sexual habits, and then the findings were tabulated without comment. The conclusions which were formulated from this study failed to take into account the emotions involved in the course of sexual activities, and their effect on the individuals' personalities. This would erroneously lead us to believe that a person's sexual life was merely a biological urge which had no significant effect on his everyday existence.

Proof of the public's hunger for further knowledge concerning sex is demonstrated by the tremendous popularity of Dr. Kinsey's report. Never before has a book on the manifestations of sexual impulse received so much acclaim. This indicates that scientific knowledge about sexual activity is eagerly sought by men and women of all ages.

One of the prime virtues of the Kinsey study is to show us that the sexual behavior of the American male follows a pattern similar to that of the average reader, and it has helped to correct the erroneous concepts held by many people concerning themselves. In this way he has relieved them of their ill-founded guilty feelings, and at the same time provided a clearer understanding of what is normal and acceptable. Anti-sexual propaganda is constantly being disseminated and thwarts the normal expression of man's natural inclinations. He needs guidance so that he may enjoy complete emotional freedom. Any writing which provides this guidance is, indeed, a step forward toward the release of the average individual from the shackles of sexual fear and ignorance.

A book which aids in the eradication of fear, whether it be of a sexual nature or otherwise, constitutes an advance in civilization. Sexual education on scientific lines is a necessary requisite for a better

world which, I believe, is now in the making. In this book, **MODERN SEX LIFE**, I have attempted to provide a real understanding of those issues which have formerly been considered taboo. I have also tried to simplify many of the supposedly unsolvable sexual problems. I trust that the publication of this volume will serve to lighten the sexual burden of that vast army of sexually confused youths, as well as mature men and women. If those who are sexually puzzled will come to see the light and get new vision concerning the driving force of life, I will have felt that my efforts have been most worth while.

Edwin W. Hirsch, M.D.

Medical Arts Building
Chicago Illinois

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MODERN SEX LIFE

INTRODUCTION

IF ONE were to question a representative group of married men as to the satisfactoriness of their sexual life, one would learn that sexual disability is a very common disorder. It is an open secret that sexual incompetence is a widespread affliction. Yet the majority of husbands keep such matters to themselves. They feel that this sort of weakness is a disgrace. Most of this group suffer in silence for they do not know how to go about correcting their malady.

It is an unfortunate state of affairs that the average man who needs help in regard to his sexual function has little opportunity to acquire the knowledge that he needs. Secrecy surrounds every aspect of sex. Impotent husbands are usually afraid to ask questions for fear of being laughed at. Some men resign themselves to a life without thrill because they are too timid to air their troubles to their mates. Such men live in the hope that some day, in some

mysterious way, they shall be made sexually strong.

Of course, things do not happen this way. Sexual strength is not a product of the gods. It is a quality that depends on the physical and mental constitution.

Impotent husbands frequently try various cures in their effort to acquire sexual force. Physical culture appeals to a considerable number who believe that by strengthening their body muscles they will also fortify their sexual musculature. Others try various diets. Vegetarianism is experimented with. Mineral baths, electrical treatments and massage are given a trial by those who regard themselves as sexually under par. Failing to find any relief by such measures, the sexually incompetent husband is driven to despair.

The majority of impotent men between the ages of twenty and forty-five are not the victims of a destructive process in their sexual organs but suffer from some form of sexual fear, sexual ignorance or sexual stupidity. It is very difficult for the average male to see how an imaginary condition such as fear can undermine his sexual power. He can conceive how his youthful sexual misdeeds might be responsible for his present plight, yet he

is reluctant to acknowledge that there might be certain distressing thoughts in his mind which alarm him when he is about to exercise his generative function.

A man may be a perfect physical specimen and yet be sexually weak. "How is this possible?" one may ask. Because this "he-man"—and there are many who fall into this group—is the victim of sexual fright. He may not be afraid of man or beast. He can hold his own in any combat. He may not even shudder when a gun is pointed at him. He is the essence of bravery. Yet this selfsame male may tremble inwardly when about to engage in contact with his wife because of some trifling sexual worry which rankles within his mind. He is beaten, not because he lacks sexual strength, but because "old man psychology" has the drop on him.

The purpose of this treatise is to show how men who regard themselves as among the sexually lost may be reclaimed. An essential requirement for sexual health is that the individual who aspires to sexual strength have the correct mental viewpoint. Any male with a grain of intelligence can be taught how to develop the proper frame of mind. Once he has the right attitude, he can be instructed in sexual

technique which will permit him to demonstrate his male quality.

Why is so little said about the cure of impotency by measures which serve to remove sexual fear from the mind? Because there is very little available data which come to the attention of the reading public. It is a startling fact, but none the less true, that medical books on diseases and disorders of the generative organs devote very few lines to the subject of psychic impotency. Yet a considerable number of the patients seen by the genito-urinary specialist or the urologist are men who suffer from some form of sex nervousness. Some of these emotionally tense husbands are treated by physieal measures without very gratifying results. Correction of sexual disability by psychologic measures is successful in some cases. A combination of physical and psychological measures often hastens the return of sexual potency.

In a great number of instances, psychic impotency can be cured by the sufferers themselves. They need to be informed as to sexual anatomy and how the organs work. After they have learned the fundamentals of sexual technique and have acquired the "know-how," they are able to perform the act satisfactorily. This type makes an uneventful recovery.

They learn how to avoid pitfalls. No longer do they have to experiment by the trial and error method. By using a rational, systematic method of sexual relationship, such husbands become proficient. Thus, a state of profound happiness supersedes one of anxiety and nervousness.

Those who are sexually incompetent because they are the victims of fear which was ingrained during their developmental period will have to expend a considerable amount of mental as well as physical energy to acquire sexual stability. These men soon discover that sexual union is more than merely approximating the genitalia. It is primarily a process whereby one mind engages with another mind and one body with its complementary body. The process of sexual relationship is largely regulated by the mind and the vital glands of the body. The mind, therefore, is one of the supreme controllers of sexual activity. Even though the male be thoroughly aroused by the stimulus of the female, it does not follow that he will be able to fulfill the requisites of coitus. His mental check reins must be freed. If they are not, a number of unpleasant difficulties are apt to ensue at the moment when the sexual parts are brought into close approximation.

Very often men are impotent because they retain their first sexual impressions, which usually were disagreeable. Youths often receive their first sexual shock on reading a book or pamphlet on the dangers of sexual activity. Sometimes parents will purposely frighten their boy in order to make him fearful of the sexual urge. Attendance at a lecture on the evils of sex has given many a youth a marked inferiority. When the lad grows into manhood, he is apt to carry along his dread ideas about sex. When this impressionable lad marries, he may be impotent because he has not been able to cast off his early unfavorable sexual thoughts.

Veneral disease propaganda also has a disastrous influence on the sexual activity of men. The wild statement, made by the professional do-gooders, that gonorrhea invariably ruins the sexual parts is not true. Another falsehood which destroys the sexual appetite in many instances is that gonorrhea is an incurable disease. Much havoc is wrought by such tales because millions of men believe that a penalty must be exacted for an unfortunate experience. I have been my privilege to show to a considerable number who believed themselves to be impotent because of an old infection, that they were sexually

normal. These men were not impotent. It was the bogey "fear" that made them think so.

No matter what odd belief or type of fear is the cause of impotency, the man who is so burdened can be converted into a virile male depending on his own willingness to do so. The troubled mind can be cleared of disturbing thoughts. This task can be accomplished in a relatively brief period. To do this the "impotent" person must face the facts in issue. All hypocrisy must be cast aside. The use of highfaluting expressions will not aid the man who needs help. A spade must be called a spade. Only by straightforward handling of the subject can success be assured.

Female impotency, or frigidity, is no less common than male impotency. The term "frigidity" implies sexual coldness. This is not a good definition, because the average female who professes to have little or no sexual feeling is not primarily cold or indifferent. Either she is afraid to reveal her true feeling or her husband is ignorant concerning the art of sexual technique. Many frigid wives assume an exterior of prudery. This feigned attitude is only a cover-up to hide their concealed sexual desire. Underneath the surface, their passion burns. It is

the husband's task to remove this crust of formality so that the true fire of the species may be ignited.

Many wives are frigid because their husbands are not sufficiently virile. Many husbands are sexually "weak" because their wives show no response. To decide which is which is often a difficult problem. By the use of proper technique, many indifferent wives can be transformed into affectionate, lovable and co-operative mates.

Women who are not responsive must be taught that sex is not a monstrous function. They must learn how to minimize shame and permit themselves to act naturally. Thus they will become intense and romance will be generated in their lives.

Frigid wives can be cured of their disability by removing their fears and by the institution of proper coital techniques. Unresponsive wives and impotent husbands can be assisted in the correction of their difficulties by recognition of their inadequate attitudes toward each other. In many instances, sexual difficulties are the manifestations of personality problems.

By ousting the feeling of guilt which all impotent people have—be they male or female—the first step toward recovery is taken. Then the person should

learn and practice the art of sexual technique. The husband will learn that trifles make for perfection in sexual union. The wife will awaken to the fact that she is the inexhaustible source of stimuli which arouse and fortify the male. She will also discover that sexual activity is a glorious symphony and not an ugly ordeal which must be endured.

Sexual strength is a quality which should be the possession of all humans. Information essential to the attainment of this power should be put at the disposal of those who need it. I have helped rebuild many who had lost their grip on life because they felt that they were sexually inferior. These subjects were given the information contained in this book. It gave them knowledge which they had hungered for but had never been able to obtain. They were then able to see their errors and, what is more, they knew how to correct them. Many were able to do this without any outside help. Some needed guidance and encouragement to get started in the right direction. In either case, this method has been highly successful.

The procedure which I recommend in rebuilding the sexually hopeless and forlorn is simple. There are no secret formulae. It consists of a straight out-

and-out presentation of the facts of life essential to the solution of the sex problem in marriage. Most men who find themselves sexually inadequate waste their sexual energy. This need not be. By proper utilization of sexual power, the impotent can become potent, the frigid can become emotional, and thus many of the nervous disorders due to inadequate sex expression will disappear.

Chapter I

THE KINSEY REPORT

A TREMENDOUS change in the attitude of the American public toward sexual behavior in human beings has recently come about. The usual, conservative and puritanical viewpoint toward sex has been replaced by a scientific attitude of mind.

Our up and coming generation says "away with all this secrecy about sex." They prefer the "let us know what it's all about" method. Thinking people are no longer tolerant of an evasive attitude toward sex. Facts, no matter how disturbing their implication might be, are desired by the great majority of individuals.

Much of this departure from the "hide the head in the sand" system (usually termed the ostrich policy) has been in a large measure due to the efforts of Professor Kinsey of Indiana University. He, and his associates, have written a book entitled *Sexual Behavior in the Human Male*. Almost immediately

the book became a best-seller, an indication that the public was eager for the information which Kinsey had obtained. In professional and lay circles, the book created a furor. Over every tea and bridge table, the subject of conversation was the Kinsey project, and its popularity was most deserved.

The Kinsey report awakened great national interest because he had presented statistics to prove his many positive assertions. Previously, most of the writers on sex have used isolated cases to establish their argument relative to the existence and incidence of certain modes of sexual expression. A few students of sexual behavior have studied small social groups in order to obtain data on the sexual life of individuals. But Kinsey was the first actually to question a large number of persons as to their private sex life.

In his report, we find the first attempt to present accurate data on the manner in which the average American gives vent to his sexual urge. More than nine years were spent by Professor Kinsey and his co-workers in gathering material for their book. These investigators worked against great odds in their interrogatory studies. People resent an outsider prying into their most personal affairs. Despite all ob-

for sexual freedom with a commentary on the part they played would necessitate an entire volume. The point that I wish to stress is that colossal as Kinsey's work is, his project would have been impossible unless the way had been paved by others.

One of the great lessons which this report demonstrates in a scientific way, is that sexual interest is existent from the cradle to the grave. All human beings are subject to sexual awakening. This arousal may result from any one of countless different forms of stimulation. Sudden sexual enthusiasm within the body is spoken of as "erotic arousal." It is really the human "electric spark" that sets the sexual mechanism into motion.

Erotic sensations are pleasant enough but they are inclined to perplex people. Many people experience fear when sexually aroused. They are so ignorant of the manner in which life functions that they do not know that such feelings are right and proper. The nature of the sensation seems to be something wicked because it's so odd, so alluring, so strange, so seductive and yet it seems wrong because of its unusualness.

By means of his inquiring technique, Kinsey shows the prominent part which local awakening of

the various tissues of the body play in the role of sexual attraction. At such times, the higher thought center—the brain—plays a secondary role.

The irresistible feelings which give rise to entrancing sexual sensation are spoken of as arousing sensation. Anything that stimulates male or female is classified under the general term "eroticism." Kinsey has demonstrated by actual terms that sex play is possessed of great content and is desired by the overwhelming percentage of sexually mature males and females.

Unfortunately, the word "erotic" and "eroticism" are frowned on in the so-called proper circles. Resistance to the influence of eroticism is the central feature of the sexual problem. Professor Kinsey has rendered an inestimable service to humanity by his survey which proves to most people that sex is merely human. On the one hand we have been urging the human male to heed the call of the attractive and suitable female, while on the other we have sanctions and warnings that such behavior should be controlled. What does a man do in such circumstances? Professor Kinsey's statistics prove that he heeds the call of nature and does so in a biological way.

Thinking people, after reading the Kinsey book, come to the conclusion that these sensations sought after and desired by mankind, and the force of which causes the human race to increase, can belong only to a low level of human activity as we have been led to believe. It is rather obvious that the fault lies not with nature, nor with the great mass of people, but with the sexually confused direction of society. We have mistakenly allowed the word "erotic" to come to mean "lewd." It is plain from the Kinsey study that there can never be the proper evaluation and understanding of any sexual situation until the erotic needs of man are recognized and met. Professor Kinsey's book offers conclusive evidence on this score.

Improper use of the term "emotion" has led to much misunderstanding on all issues which pertain to sex. Writers, who have in their minds the desire to relegate sex to an inferior position in life, have insisted that sexual desire (and action) is merely an emotional act. Hence, it is not an elevating bit of human conduct. Educators are inclined to disparage thinking of sex on a lofty plane by insinuating that sexual activity is instinctive and hence not too "brainy." Any way that one looks at it, sexual

notion today holds a low position in the scale of refining terms. The public has been indoctrinated with the concept that mental activity is of the higher life, while emotion is of the baser or lower life.

On close inspection of the part which emotion plays in life, we see that it is through the emotions that man is led to conquest. Add emotional stimulation to an ideal and man drives forward. He cannot be resisted. When the male sees an attractive female, it is the emotion which prods him. Her melodious voice stirs his emotional reservoirs. The color and odor of her hair impells him to risk dangers so that he may win her. Is such striving a low or lofty ambition? The Kinsey report emphasizes that it is time for us to take a new inventory of emotion and honestly evaluate it and its meaning.

Passion is the outward display of a series of strong emotional states. This study indicates that many people are moved by feelings of passion, while in general conversation and in ordinary parlance the inference is drawn that the passionate person is quite irresponsible. Men in all stations of life seek this grand emotion.

One of the great contributions made by Professor Kinsey is his effort to correct the misuse of the term

"abnormal." People are led to believe by insidious propaganda that any indulgence in activities that are not acceptable in certain circles is supposed to constitute abnormal conduct. He points out that sexual behavior which is regarded as abnormal or perverse by some medical writers may occur in 30 to 60 or even 75 per cent of certain populations.

If anything, the Kinsey report has shown that the so-called nice behavior of society at all levels is not the usual mode of activity. Man is a biologic being. He is a descendant of his mammalian ancestors and in many respects inherits his traits.

Science has long sought to learn the cause of an individual's becoming ill from having a sexual outlet that he might interpret as a variation. Kinsey believes that the individual is afraid of what his neighbors and friends would think if his sexual actions were known.

The terms "natural" and "according to nature" and "unnatural" and "contrary to nature" are subject to a considerable deal of misinterpretation. A large amount of crooked thinking has followed because of the implied meaning of these phrases. People are most fearful of belonging to the group known as "differing from normal," though they do



ature has been helpful to them when they subsequently become married.

It is the opinion of Professor Kinsey that the male's difficulty in having effective and satisfactory contact in marriage is due to his lack of finesse in establishing sexual understanding with his spouse. He believes that marriage manuals are wrong in that they emphasize that the male's failure is due to an insufficient knowledge of technique. According to Kinsey details of technique come spontaneously when the male feels that all his actions are right and proper. Also he finds that the majority of cases of sexual incompetence are to be found among the upper level of educated males.

Here is where Kinsey makes a series of wrong deductions. He blames the inability to perform a sexual act in a satisfactory mechanical way as a part of the male's timidity and lack of real sexual freedom. While it is true that the male who is not capable of performing well is suffering from doubt as to many of his sexual actions, it is also correct to state emphatically that his display of sexual ineptness or sexual incapacity would disappear if he but learned the technique of mastering his sexual organ.

If men were to follow the trend of Kinsey's

thought that sexual inhibition—the unnatural fear of exercising one's sexual proclivities—is the cause of sexual failure in marriage, they would find themselves in a sexual muddle. Sexual activity is not all psychic nor all physical. It is a fifty-fifty proposition. The male who has the problem of inadequate sexual control will find little help or relief from being told that his weakness is derived from improper thoughts and attitudes in his sub-conscious mind. This explanation is neat enough but it is not based on clinical data and experience. I have treated hundreds of men who were living blighted sexual lives because on attempting contact they were dismayed to find their erection weak or incapable of insertion. Others suffered from ejaculation prior to effecting entrance. One can talk to such subjects indefinitely but it needs more than pseudo-scientific explanations to correct the difficulty. While it is entirely feasible to say that such subjects are confused as to just what is right and proper in sexual conduct, it does not follow that the sexual mess in which they find themselves will be bettered by informing them that their minds need to be filled with more modern concepts of sex.

Sexual technique involves physiologic and anatomic processes in the male as well as conscious and

unconscious psychic states. No amount of self-
 ance by the subject that he is free of all those
 about his actions is overlooking the fact that abnormal
 or perversion will aid him if the focus of his
 muscles is not in correct balance. The prostate
 and seminal reservoirs, or seed sacs, must be free
 inflammation. Hence the proposition is not one
 mainly of psychological maladjustment but rather
 combination of inadequate knowledge concerning
 how one can and should train the male organ
 plus the proper psychological approach.

Therefore, it is obvious that insofar as the effi-
 use of the sexual organ is concerned Kinsey is
 his conclusion. Sexual activity is not primarily
 chie nor psychological. This important point
 be overlooked, and that is that erection is a
 mechanical and material process even though
 chological factors initiate the change in the
 organ.

Concerning marital intercourse, Kinsey
 some illuminating statistics. Marital intercourse
 vides about 85 per cent of the total sexual out-

As to the mode of body union, there ex-
 notorious degree of stupidity and ignorance. It
 contention of Kinsey and in this is corroborated

conclusions of the Freudian school, that any sort of activity which contributes to the successful marital relationship is justified. To quote Kinsey directly: "No sort of sexual act is perverse if it so contributes to the marital relationship, even though exactly the same act between two persons who were not spouses might be considered a perversion." Hence, it is plain that a certain measure of variety is not only proper but essential for full freedom of the emotions.

Retardation of the male orgasm is the quest of most husbands. They desire to possess the ability to prolong the act sufficiently so that the husband has the opportunity of giving full release to his tensions while his spouse also is able to enjoy full relief. This is the aim and goal of most husbands.

Concerning quick ejaculation, Kinsey thinks that the husband who is affected with premature ejaculation is normal or even a superior male. Now I hold that this is not the opinion which the husband in either the upper or lower level has on such matters. I have been consulted by many hundreds of males of both the upper and lower classes, and it has been my experience that no quick ejaculator has ever been satisfied or happy about his lack of staying ability. Kinsey states "that most males could learn to control

urethral convulsions, primarily through a tightening of anal muscles, so they could prolong sexual activity before orgasm." I have taught an extremely large number of husbands the art of sexual control and it can be accomplished without any undue stress or strain. In fact, by forcing too much attention on the local parts, one tends to encourage rather than to delay the spending process. Practically all husbands and wives enjoy and prefer somewhat prolonged coitus for in this manner the tensions of the body are more agreeably drained.

Homosexuality was investigated by Kinsey on a very considerable scale. By his scientific approach to this subject, which is held disdainful in the public eye, he has done much to bring the problem of homosexual expression out into the open.

Before analyzing Kinsey's statistics one should take clear note of the fact that his data is not on the number of persons who are "homosexual," but on the number of persons who have had at least some homosexual experience—even though sometimes not more than one experience in their lifetime. His figures point to the fact that at least thirty-seven per cent of the male population has some homosexual experience between the beginning of adolescence and old age.

The estimate as to the incidence of homosexual experience is misleading and faulty. It gives a false impression. In this figure, Kinsey includes adolescent masturbation, either paired or group masturbation. In the adolescent period, group masturbation is a transitional or developmental phase. During the trial and error period of adolescence there arise occasions, through playful activity or by accidental or predetermined action, when emotional youths are thrown into a state of sexual arousal which leads to climax. Such occurrences or encounters may lead to sexual expression, but they do not classify that individual in the category of the homosexual. Neither should an evaluation of this behavior be the basis of a study on homosexuality.

One critic has aptly stated that a lad who steals an apple (and who hasn't?) is not to be known as a thief. Boyish prankishness is responsible in many instances. To be certain, it is the acquisitive instinct which is in action when a boy steals the luscious looking apple, and it is the inquisitive sexual instinct which promotes unleashing of pent-up energies. We should be careful not to make a mountain out of a molehill. This action which concerns an isolated instance of mechanical outlet between two or more

members of the same sex cannot properly be classified under the category of homosexuality. The term homosexuality carries with it a sense of heinousness—something very morbid and despicable. Such an episode as that described above is not to be regarded as placing an individual in a group which has a most unsavory status. This method of placing one adolescent mutual masturbation experience under the heading of homosexuality is not only an error in logic but it seems to brand the experimental phase of the adolescent as a time of grave moral turpitude. This is not the intent of the Kinsey investigation but nonetheless this is the impression which it leaves.

One thing which is quite certain about the Kinsey study of the male's sexual behavior is that questions and statistics are no substitute for clinical experience. Kinsey states: "Impotence in a male under fifty-five years of age is almost always the product of psychologic conflict, except in those exceedingly few cases when there has been mechanical injury of the genitalia or of the portions of the central nervous system which control erection, or in those similarly few cases where venereal or other disease has interfered with nervous functions. There is even some evidence that much of the impotence which is seen

in old age is psychologic in origin." Deductions such as these are based on the theory that you can know what is going on inside the body—particularly the genital tract—by a series of questions. This is not as easy as it seems. Nor is this method of deduction very reliable. None of Kinsey's methods takes into consideration that the local blood vessels have a tendency to become hardened just like blood vessels elsewhere in the body. Nor does Professor Kinsey have any first-hand knowledge as to whether the subject is mistaken in concluding that he is suffering from psychic impotence when a true estimate would disclose that his state of incapacity was seventy-five per cent of mechanical origin and twenty-five per cent of psychic nature. Practically all cases, even those predominantly physical, contain a segment of psychic element. Likewise, instances of psychic impotency also have varying minimal quantities of physical, material or physiologic elements which hinder proper execution of the sexual function.

Many instances of so-called impotence are in reality merely instances of ineptness.

Frigidity on the part of the female is a prominent causative factor in the development of impotency. All too often the husband blames himself because of

his poor sexual ability when it is basically due to lack of cooperation and approval on the part of a "cold" spouse.

A glaring weakness of the Kinsey study is that it tries to find the answer to the sexual mysteries by a mere study of genital response. The part that emotion plays in tapping man's energy is not adequately discussed.

Undeniably, Kinsey has done much more than other medical spokesmen have been able to accomplish in banishing the sense of shame which is usually associated with any discussion of the sexual function.

Also Kinsey has given the word "sex" a more acceptable status in lay circles than it has previously enjoyed.

Notwithstanding the liberating value which the Kinsey report is effecting, one cannot expect vast improvement in the sexual attitude of the die-hards all at once. Sexual reform is a very slow process. The whole subject of sex is saturated with misinformation.

Above all things the Kinsey report has aided the public and the leaders of the community in adopting measures which will break down the priggish attitude of our present-day society.

New books will emerge on the nature of sexual force. Novels will present the sexual issue with less tricky evasiveness.

All in all, the effect of the Kinsey report on social change will undoubtedly be considerable, in the years to come.

A new world is in the making. This new civilization will be free of many of the nervous ailments which harass the present generation. Despite all the criticism of modern youth, there will be less pathologic behavior and more normality. In the era to come the relation of economics to sex will be clarified. The exploitation of children by parents will decrease appreciably. There will be less petty gossip on the oddities of sex and more natural living. The science of sexology will be studied. Sex will not be hidden behind the curtain of psychiatry or urology. It will occupy its own rightful place among the several avenues of science as a noble, righteous and life-giving field of study.

The Kinsey report helps bring to a halt the destructive forces of sexual fear. It will draw the attention of thousands of young men and women to this much needed field of investigative study. There will not be too long a lapse of time before the masses of

people will reap benefit from the seeds of learning planted by Professor Kinsey.

A shortcoming of the Kinsey study is that it is based on 5,300 males. Critics contend—and quite correctly so—that this is not a fair sample of the representative population. This error is being corrected in Kinsey's projected investigation which is now bent on enlargement of the series to include 100,000 humans.

Kinsey's method of oral interview is not by any means a perfect system. Fatigue undoubtedly affects many of those questioned. To answer a barrage of queries within a few hours is no small nervous strain. Suggestion on the part of the questioner must be taken into consideration. Also, above all, there is the hypnotic influence. A large number of people are susceptible to the powerful and searching glance of the interrogator. Whatever errors there are in the Kinsey report will come to light as the studies are continued, over a period of years.

Organized medicine has concerned itself with the health of the individual and the well-being of society. Its function has been that of establishing a nation of vigorous people and to free them from the ravages of epidemics and other maladies. But medicine has paid

little heed to the sexual needs of man, particularly the man in the lower income group who is unable to seek sexual counsel from any reliable source. His emotional needs have never been taken into consideration. The Kinsey study will aid this group in remedying sexual neuroses. Healthier minds will be one of the benefits from a vast correctional movement.

A change in the public's as well as the medical professions' attitude toward sex is also in the making. As it is today, sex studies are mainly directed toward ailments attributed to a disordered sexual life. The sexual drive is considered mainly in psychiatric circles so that people generally come to regard sex as a purely psychic phenomenon and a distorted one at that. There are conferences on heart, stomach, kidney, glandular disorders, vascular disorders, blood disorders ad infinitum. It is about time that the all-important sex function be considered without invasiveness. This much needed frank approach will be speeded up as a consequence of the Kinsey investigation.

It has long been a pastime in the field of sexual study writing for authors to censure somebody or a prudish society for the prevalence of sexual igno-

Chapter II

PREVALENCE OF SEXUAL DIFFICULTIES

THE cardinal duties of a physician are to relieve suffering and to prolong life. These gratifying tasks he is called upon daily to perform. Every effort is made by the modern physician to ascertain the cause of disabilities so that their recurrence can be prevented. Neither time nor expense is spared in the process of examination and treatment of those who suffer physical pain. Health and happiness are the rewards which modern medicine has made possible for those who are overtaken by ills of the flesh. In partial compensation, sick people receive sympathy and consolation from relatives and friends.

Those who suffer from nervousness are not so fortunate. It is not considered good form to speak of things which upset the mind. Nervous people receive little sympathy because the sick part of their bodies—the mind—cannot be seen or handled like other parts of the body. By means of the X-ray, pictures

can be taken of various organs and structures. A man with a stomach ulcer or a broken limb is happy to display his X-ray plates and to talk about his case. No X-ray picture can be taken of the mind. No one likes to expose his inner thoughts. Those who feel mentally sick are often ashamed to ask for help.

Individuals who are unhappy because their sexual life is unsatisfactory consider themselves very unfortunate. They feel that it is bad enough to be mentally disturbed, without having sex worries in addition. The number who are so afflicted is legionary.

Of the many trying situations which the physician is called upon to meet, none is more pitiful than that of the young married man who comes to the office, drops wearily into the consultation chair, and states: "Doctor, I'm very miserable. I feel as though I'm wrecked. I have no sexual power. I'm a husband in name only. I'm sexually weak. Can anything be done for me?"

This type of case is not exceptional. In fact, it is very common. Unfortunately, the great majority of men who suffer from an inability to express their manly power suffer in silence. They keep the nature of their affliction a secret. They worry. They fret.

They are restless. They lie awake at night and brood about their helplessness. Some of them believe that their fellow men can see that they are sexually deficient. Such men are usually timid and shy. Not a few worry about their condition until they work themselves into a virtual state of nervous breakdown.

One of the strange things about the average young married man who finds himself sexually incompetent is that he does nothing to help himself. It may be because he is frightened or bewildered. It may be because he is ashamed to admit that his masculine quality is not up to par. At any rate, he relies on hope. He wishes for sexual strength. He believes that Mother Nature will come to his rescue and will make his parts sexually strong. He prays for some miracle to happen so that he will be transformed from a sexual weakling into a manly man. Such wishful thinking accomplishes nothing. Those who live in a state of hopefulness are doomed to despair. Nature does not reward cowards and mental slackers.

It is true that nature is a kind healer. A person who has a head cold will be restored to health by the hand of nature. A wound which is not too extensive will repair itself. The creative energies of the body such indigesti-

le food, nature comes to our rescue by extinguishing our appetite until the waste material has been eliminated. In a thousand different ways nature watches over the human race and cures its minor ailments.

Nature is of little help when the sexual apparatus is deranged, because it is not at fault. She does not aid the sexually incompetent as she helps to heal the ordinary sick. Why is she so stubborn with those who are sexually ill? Because the overwhelming majority who are sexually off balance have been crippled by the bonds of civilization. A policy of continued sexual suppression and repression has had ruinous effects. Such cases are beyond nature's scope.

At birth, man is endowed with the structures which, by their development, change him into a sturdy male. His sex glands assure him of virility. His strong muscles will be used for work and play. His rich, red blood will nourish his body and ultimately will generate the germ of life so that he can reproduce his kind. This is nature's task and she usually performs her function well.

In her mysterious, yet clever way, nature implanted the sexual urge so that man and woman would be attracted to each other—not for a brief period but for the duration of life. Nature uses the

sexual inclination to assure the propagation of life. Almost any impression may awaken the sexual appetite. By the sense of sight we see the glorious handiwork of nature. In a receptive person the same vision may awaken a longing for the opposite sex. Thrilling music is not only pleasing for its sound effect. It appeals to something basic in man and woman. The fragrance and beauty of flowers inspire humans with lofty emotion and desires. By the sense of touch man becomes aware of the charm of woman's soft, lovable skin. The music of the female's voice fascinates him. All these effects are in accordance with the laws of biology. It is the law of nature that man be attracted by woman, and that woman be possessed by man.

It being admitted and recognized that these laws of nature are unvarying and unchangeable, why has nature let so many men down and made them so unhappy in the performance of their amorous activity? The answer lies in our faulty system of education. Parents and teachers have seen to it that the sense of shame dominates sexual desire. Thus the average man who has been reared in an atmosphere of stern supervision, on reaching maturity, will not be able clearly to see the workings of the

sexual impulse. He is ashamed to face the sexual side of life. In adult life, as well as in childhood, the subject of sex has been wrapped up in secrecy. Every open allusion to sex is taboo. If he says anything about sex he must do so in a hushed whisper.

This abnormal fear of sex is traceable, in part, to the period of childhood. The child quickly learns, by observing the attitude of its parents, that questions which pertain to sex are not in order. All children are curious and want to know something about the facts of life. They are afraid to express their curiosity as to how they came into being. Since they cannot talk openly on the subject, they adopt a policy of silence. Thus the seed of sexual fear is sown.

Many fine men with excellent muscular development are sexual cowards because in their impressionable years they were told that "sex is bad," "sex is evil," "sex is nasty," "sex is awful," "sex is animalistic." It is faulty training of this sort which undermines the sexual constitution of ever so many fine youths. Fortunately, there is a way to help those who have been hurt by wrong training.

As the youth passes through the stage of adolescence—the period during which he is developing into manhood—he is disturbed and often frightened

by the changes which take place in his body. He is puzzled by the appearance of hair around his sex organs. He feels the tingle of life surge through his veins. Now he is aware of the sexual drive. Girls interest him, yet he is timid and shy. He dreams of things he never dreamt of before. He is bewildered. If only he could talk to someone about the thoughts which perplex him. He tries to talk to his mother but loses heart. His father seems cold and indifferent. Since there is no one to turn to, the lad worries and makes his way as best he can.

Adolescent boys worry if their body development seems a bit unusual. If the pubic hair is tardy in its appearance, they think that something is wrong, since they are different from other fellows. The quick expansion of the scrotum to twice its former size within a short space of time engages their interest and puzzles them.

The thing that frightens most growing boys is their indulgence in masturbation. This fear is exaggerated by their reading literature which is written with the purpose of frightening them. Also, literature which describes the results of masturbation often falls into the hands of adolescents. These booklets state that mental decay, insanity, loss of memory, loss

of sexual power and a thousand other conditions result from indulgence in the secret vice. Though adults, in general, are aware that this is all nonsense, yet the highly imaginative, self-centered youth is apt to think that he is the type of person meant. As a consequence many young men become depressed and the effects of this shock and fright often persist for years.

Straightforward, honest facts relative to the sexual impulse do not usually come to the attention of the young man when he most needs it. He is more apt to hear a lot of nonsense when he yearns for scientific data. Obviously, the chances for young men's being perplexed by the mysteries of sex are great. No wonder, then, that so many youths are dazed on entering the period of sexual maturity.

Despite the fact that many young men live in a state of uncertainty regarding sexual matters, they are none the less charmed by the call of the female. The invincible force of the sexual instinct cannot be resisted. Next to the desire for food, it is the strongest craving of humans. The laws of nature and civilization are bowed to. Man and woman seek each other for the purpose of enjoying their complementary selves.

It is a sad fact that when the time comes for the able-bodied young man to initiate relations with the one he dearly loves, he is unable to display the manly qualities which he believed were his possessions. At the crucial moment his vigor fails him and he feels chagrined. Repeated attempts are equally disappointing and he realizes his short comings keenly. A sense of shame sweeps over him. He develops abnormal shyness. He is thoroughly disgusted with himself. He regards himself as a failure. He believes himself to be impotent.

A number of married men whose story compares with that which I have described comprises a major group of the male sex. That is why so many men are sad. Most of them, however, have not the courage to admit their lack of virility. All men afflicted with sexual misgivings long to know the cause of their insufficient strength, and whether the condition can be remedied.

It can be emphatically stated that the overwhelming majority of impotency cases are not due to an inborn weakness of the sexual parts but are caused by ignorance and emotional factors. It is very difficult for the average man to believe that his mental state plays a considerable part in controlling his

sexual power. But it is true. In many men the lack of vigor is the end result of unsolved mental conflict. Something has caused a short circuit in the thinking apparatus. Luckily, these damaged circuits in the mind can be repaired. With a little expert knowledge and management, the "kinks" in the "wires" which regulate the sexual organs can be straightened out.

It matters not how seemingly hopeless the condition appears, the reparative power of human tissue is almost unlimited. It makes no difference how deep one may be in despair, the hand of nature can produce magical results. The fact that a man has tried and tried—this remedy or that—until he has almost given up hope, is no sign that he cannot be helped. There is salvation for practically everyone. The important point is that the part of the body above the eyebrows—the mind—must be treated first. Minds saturated with fear—not only fear of failure but a thousand other fears—have to be revised. It is possible to clear the mind of bothersome thoughts just as completely as waste material can be evacuated from the stagnant bowel.

Fear acts on the mind like sand in a gear-box. It deranges the sexual mechanism. Friction must

be removed from the mind to assure sexual efficiency. Despite the fact that the mind of the sexually confused individual is very difficult to treat, success can be achieved.

The mind may be compared to a gigantic switchboard with thousands of trunk lines. If a man in Chicago is trying to talk to a person in New York and the operator accidentally switches in the Detroit operator, the man in Chicago will be baffled because he has the wrong connection. It is just as easy for the switchboard operator of the brain—the mind—to make improper connections in the body. I propose to explain why the trunk lines which connect the sexual centers of the brain with the sexual organs will fail to transmit messages properly. It is my purpose to show how to locate the trouble areas and how the defects may be corrected.

Sexual impotence in men between the ages of twenty-one and forty-five is due largely to psychic causes. All such cases are curable. Impotency due to organic conditions is also remediable, but in this treatise we are principally concerned with the type of incompetency resulting from fear, ignorance and stupidity. No matter how many methods of treatment a man has previously tried, the average sexu-

ally distressed husband can be restored to normalcy.

Most men suffering from the inability to utilize fully their sexual function can be developed into potent and virile males in a relatively short period of time. The method herein advocated is neither magical nor mysterious. This system of rebuilding men who regard themselves as sexually lost is based on sound principles. It is successful in the educated or the unlearned, the businessman or the toiler; all can be benefited—all can be made sexually sound.

To those who have given up hope, I say: "Do not despair. New life is yours if you are willing to work for it. The world can be made a glorious place for you. It is the will and intent of nature. Life is yours. Power is yours. Love is yours. This is each man's due and he shall obtain it, if he will but follow the advice and technique advocated in this book."

Growing boys usually obtain their sexual information from older fellows, who employ vulgar terms in describing the private parts. These terms make a deep impression on the mind of youth and are never forgotten. Men also refer to the sexual organs by these names. They know that such terms are improper and therefore they are deeply ashamed to refer to these important structures. Thus, there is developed at an early age a sense of inferiority associated with the sexual organs which is difficult to break.

If parents or educators would teach children the proper names for the sexual organs, much of the sense of shame associated with the sexual function would never develop. Since most parents do not know how to approach the subject of sex, the boy gets his knowledge from the gutter.

The penis is the male sexual part. Normally the penis hangs downward. This is referred to as the flaccid state. Under sexual excitement, the penis becomes firm and rises upward. This is called the state of erection, or the tumescent state. When the penis changes from the soft to the hard state, we speak of the organ as tumescing. The return of the organ to the normal state is called detumescence.

It may also be expressed by saying that the organ is detumescing.

Hair surrounds the base of the penis. This is termed pubic hair. This hair is generally arranged in the form of a triangle, the base of the triangle being the part above the penis, while the apex is the navel. In women the hair is arranged in the opposite fashion, the apex of the triangle being located below. There are a thousand different arrangements of the male pubic hair. Some men have a great deal of hair around the genital organ and some have very little. In some men hair is long and wavy; in others it is short and curly. The pubic hair arrangement is no indication of a man's sexual strength. Thoroughly masculine men may have pubic hair which has the female configuration.

There are three principal parts to the penis: the head, the body, and the root or base. The head of the penis is termed the *glans penis*. That part of the penis which extends from the head to the place where the penis connects with the surface skin is called the body of the penis. The root or base of the penis lies beneath the skin and is hidden from view.

A small, slit-like opening is located at or near the tip of the head. This is called the meatus. It is :

tending from the meatus to the neck of the bladder is a tube which is known as the urethra. Through this tube, the urine, semen and creta secrete pass. This last named substance is a thick, clear, slippery glandular secretion which moistens and facilitates the passageway through the penis.

Extending over the head of the penis is a fold of skin or covering which is known as the foreskin or prepuce. It is common practice in most boy's hospitals today for the physician to remove the foreskin eight days after the male baby is born. This is done for hygienic reasons. By removal of the foreskin in infancy, the male is spared much inconvenience when he grows up. It is much easier to keep the excised penis in a healthy condition. Another advantage of circumcision is that it toughens the head of the penis and renders it less liable to abrasion or infection.

It has been claimed by certain observers that circumcision increases sexual power by insuring the prolongation of the sexual act. I do not believe this statement is essentially true, for circumcised men have as many difficulties in executing sexual contact as the uncircumcised.

While I do recommend circumcision in ma-

MODERN SEX LIFE

individuals because the foreskin is excessively long. If, on the other hand, the foreskin is too short, the removal of the foreskin is not an assurance that the subject will be possessed with increased sexual strength. Circumcision favors a hygienic condition of the organ. This is especially true in those cases in which the head of the organ was previously covered by moist, foul secretion. By removing this condition, many men become imbued with a sense of organ superiority which tends to invigorate them. A small projection surrounds the border of the head of the penis, which marks the separation of the head from the body or shaft of the penis. This elevation is known as the corona or crown of the penis. It is richly supplied with highly sensitized nerves which are responsible for the voluptuous sensation experienced in contact. Delicate nerves are also scattered all over the head of the penis. The skin covering the shaft of the penis is also extremely receptive to touch, the most sensitive part being the under surface.

Erection, or the transformation of the penis from the flaccid to the firm state, is due to the existence of cellular bodies which form the bulk of the penis. The cellular bodies are made of tough elastic tissue with numerous compartments. Under sexual excitement, these cells or cellular bodies expand and re-

ains here until the completion of the sexual act. The scrotum is the sac which contains the male x glands—the testicles. Under frightening circumstances, the sac will contract and the testes will berawn up toward the upper portion of the scrotum. Cold water bathing will also cause the scrotum to wrink to smaller size. In some instances, the testicles will be drawn to the top part of the scrotum or may even slide into the body. This phenomenon worries some men, who think it a sign of abnormality.

It is of interest to point out that our word "testify," meaning to act as a witness, is derived from the Latin word *testis* or testicle. In Biblical times, it was the custom for a man, when taking an oath, to place his hand over his testicles.

One of the peculiarities of the scrotum is that the testicles do not hang evenly. The left testicle is situated considerably lower than the right. This oddity is due to anatomic differences. The vein draining the left testicle is much longer than the vein of the right testicle. Nature arranged the testicles in this manner so that there is less danger of one testicle being pressed by the other when sitting. Many boys and young men, on discovering the difference between their left and right testicle, think themselves de-

formed and fret about it. These individuals believe that the left testicle is lower than the right because of their misconduct which is responsible for the visible injury and damage to one of the vital glands. Of course, this silly theory is but one of the myths which men accept because no one has ever set them aright. To the average person, fables about the behavior of the body organs seem more reasonable than scientific truth.

Another cause of worry in youths and even married men is the finding, on self-examination, that the blood vessels within the scrotum can be felt. They consider this condition a sign of weakness. These individuals do not know that it is not unusual for the veins within the sac to become slightly or moderately enlarged. No harm results from this condition. In fact, vein enlargement occurs in a large number of men. Quack writers have preyed upon the imaginative and troubled minds of those who think too much about themselves by referring to enlarged veins as "the bag of worms." Even intelligent men are victims of this false propaganda. They believe that "the bag of worms" undermines the sexual constitution. It should be remarked that only in exceptional cases is surgical intervention necessary.

The testicles—sex glands—vary considerably in size among different individuals. Some men have large testicles; others small testicles. Small testicles are just as serviceable as large ones. Time and again, I have been consulted by men who thought their testicles were undersized. When an individual is obsessed with the idea that he has miniature testicles, I have him furnish a specimen of his semen. The quantity of his semen is usually ample. A microscopic examination is then made, and I allow the subject to gaze through the microscope to view his sperm. The effect is curative. No longer will be question his capabilities. He then becomes satisfied that he is a man in the true sense of the word.

Sperms find their way from the testicles into the organs by passing through a long tube called the vas. The destination of the sperms is the seed sacs or, more properly, the seminal vesicles. These are located above the prostate gland near the base of the urinary bladder. After the sperms reach the seed sacs, they remain there until they are ejaculated or destroyed by self-disintegration.

During the time the sperms are lodged in the seed sacs, they are not actively motile. In fact, they barely move. It is only when the sperms are brought

into contact with the secretion of the prostate gland that they become active. Then they swim about like tadpoles, with tremendous speed. In each ejaculation, there are from one to twenty million sperms.

One might ask the question: Is not nature wasteful in forming so many sperms when only a single sperm is essential for the development of a new life? Despite this apparent waste, nature is not unmindful of what she is doing. Nature must see to it that the race of man survives. The seeming overproduction merely demonstrates how forcefully and powerfully nature has arranged the intent to propagate. It also reveals the almost inexhaustible mine of energy contained within the sex glands.

That most important structure—the prostate gland—adjoins the seminal vesicles and surrounds the neck of the bladder. The prostate develops a secretion which, when mixed with the sperm, forms semen. One of the important purposes of the prostate is to forcefully eject the semen. This it accomplishes by strong contractions which squeeze the semen out through the urethra so that it is ejected in spurts. In this task, the prostate acts like a rubber ball which is suddenly compressed by hand.

The prostate is made up of two-thirds muscle

and one-third gland substance. To a large extent, the prostate acts as a controlling valve during intercourse. It partially serves to regulate the duration of the sexual act. In the center of the prostate is a little elevation or mound called the veru, which contains two openings called the ejaculatory ducts. It is through these little apertures that the sperm find their way from the seed sacs to the urethral canal. The semen escapes from the genital canal at the meatus.

Along the urethral canal are a number of glands which secrete a thin, clear substance which resembles the white of an egg. Under sexual excitement, this secretion flows out of the urethra. Its purpose is to lubricate the head of the penis so that the male organ can be introduced into the female part without any friction. A great number of men do not know that this is a normal secretion and think it is a sign of venereal disease. Often this clear secretion is mistaken for semen, and many men think that its presence is a sign that they are suffering from semen leakage. This mucous substance is often termed precoital secretion, since it seeps out under sexual excitement. It also makes the lining of the urethra slippery, so that the semen will slide quickly through the canal.

The Female Sexual Parts

It is highly important for the male to be acquainted with the anatomy of the female for the proper performance of coitus.

The term "vulva" refers to the outer sexual parts of the female.

In the female, the pubic hair does not spread over the lower abdomen. It is thickest over the upper part of the genitalia and then descends in a triangular arrangement over the outer lips. Pubic hair serves to protect these sensitive parts and also has the capacity of increasing sexual sensation.

A striking feature of the female sexual organs is the rounded elevation on which the main tufts of pubic hair are situated. This mound is called the *mons veneris*, which means the mound of Venus. It is a cushion-like structure consisting of fatty tissue, and its purpose is to act as a shock absorber and to lessen the impact of the male body during sexual contact.

Beneath the *mons veneris* are two large folds of skin which continue downward and backward. These are called the *labia majora*, or the large lips. The outer surface of these lips consists of thick

skin and is studded with soft hair. On the inner surface, the covering is thin, smooth membrane, which is usually moist, due to the presence of a lubricating secretion. Normally, the lips are close together, but under sexual excitement they tend to separate slightly.

Within the outer lips are two delicate folds of membrane which are called the *labia minora*, or the small lips. A popular term for these lips is nymphae. The nymphae are much shorter than the outer lips and are pinkish red in color. In the normal state the nymphae are soft folds of membrane. Under sexual excitement, the nymphae become erect and deep colored. They point outwardly so as to make entrance of the male organ possible. Generous amounts of lubricating secretion cover the nymphae at such times. These structures are covered with myriads of nerve tendrils which transmit pleasurable sensations when properly touched.

At the upper part of the vulva, between the large and small lips, the clitoris is located. It is the most important structure in the female sexual mechanism. Stimulation of this organ generates pleasurable sensation during the sexual act. When the female fails to enjoy voluptuous sensations during contact, it is

because there has been no stimulation of the clitoris.

The clitoris is to the female what the penis is to the male. Under sexual excitement, the clitoris becomes firm and erect. In this state it projects slightly forward and can be easily felt. Often the inexperienced have difficulty in locating the clitoris because it is an elusive structure and slips to one side or the other of the palpating finger.

Most of the lubricant which is developed under sexual excitement is produced by the glands of Bartholin. These glands are situated within the large lips near the lower portion. Entrance of the organs made possible by this thin, clear, slippery secretion. When the lips are dry, it is practically impossible to bring about union of the sexual parts. Intense desire on the part of the female will result in the formation of a liberal supply of lubricating fluid. If the female suffers from fright or is sexually indifferent, the parts will be dry because no secretion has been formed. After sexual relaxation has taken place, ample secretion will make its appearance.

The vagina is the female sexual passage and is the socket occupied by the male organ during sexual contact. In the normal state, the vagina is from three to four inches in length, although it is capable of

stretching to considerable dimensions. Ridges occur on the wall of the vagina which serve to increase friction of the penis during contact. Stimulation of these ridges also develops pleasurable emotion within the female.

At the outer part of the vagina there is a band of encircling muscle which can constrict or tighten the vagina. Sometimes it is difficult or practically impossible to insert the penis into the vagina because this muscle is spastic. This abnormal condition is known as vaginismus. It is not uncommon and can be corrected.

In virgins, the entrance into the vagina is blocked by a membrane called the hymen—popularly known as the maiden-head. When first broken, the hymen bleeds slightly. In cases where the hymen is tough, it is often necessary to have it cut or stretched by a physician. Often the hymen is very elastic and on the first sexual contact there will be no bleeding. There are many women who were born with very little hymen tissue, and in such instances there is practically no obstruction to the entrance of the male sexual part.

At the farther, or blind, end of the vagina is the mouth of the womb, which is known as the cervix.

Often the head of the penis presses against the cervix during sexual contact and gives rise to a pleasurable type of sensation in some women. During sexual intercourse the semen is ejected against the mouth of the womb so that it is very easy for the sperms to wangle their way through this canal into the womb.

The female sex glands—the ovaries—are located within the body close to the womb. Two main functions are performed by the ovaries. One is the production of an egg (ovum) every twenty-eight days. The other purpose of the ovaries is the development of internal secretions which are absorbed by the blood. These substances give woman her feminine characteristics.

Though the female breast is considerably distant from the sexual organs, it plays a prominent role in the sexual life of woman. It is regarded as a secondary sexual structure. The nipple of the breast contains erectile tissue, and by an intricate system of nerves is connected with the spinal cord and brain. Stimulation of the breast is capable of setting the entire sexual mechanism in action. Such impulses reach the sexual centers in the brain. From there they are transmitted to the sexual organs and to various parts of the body.

One who has a clear concept of the location and purpose of the various sexual structures will be able to understand the workings of these parts under the influence of sexual excitement. There is no need for anyone's being ignorant concerning these sites. No one needs to be baffled by seemingly peculiar reactions which often occur during the stress of sexual arousalment. In this instance particularly, knowledge is power.

Chapter IV

HOW THE SEXUAL ORGANS WORK

VERY little information relative to psychic disorders of sex in normal individuals is available to the public. Medical textbooks contain little data relative to the subject of sex. Practical sex instruction is found in very few books. Treatises on this subject are usually written in such involved language that very few laymen are capable of getting very much help from them.

The subject of sexual weakness receives very little consideration in medical college. Medical students spend four to five years in studying the diseases and disorders of mankind. During this time, they hear little or nothing in their classrooms or clinics about psychic impotency. This seems unusual in view of the fact that this disorder is one of the most common disturbances in man.

Patients with sexual weakness who go to a clinic for help are usually referred to the department

where sexual diseases are treated. The physicians in charge are usually so occupied with looking after men with venereal complaints, kidney or bladder disorders that they have little time to give the man who has difficulty with his sexual functions. Such men do not look sick. They do not run a fever, nor do they have pain. None the less they are sick—mentally sick. Yet they receive no sympathy or very little consideration.

Every man should know the fundamentals of sexual physiology. He will then know why the organs act as they do under sexual excitement. Also, when the organs fail to function as they should, he will not become despondent and think himself a failure. He will be aware of the nature of the difficulty. He will not think himself ruined because he proves himself a failure in his first sexual contact in marriage.

Erection is usually brought about by stimulation of the mind. There are innumerable ways by which the mind is sexually aroused. The sight of the loved one—the color of her hair, the gleam in her eye, her smile, the beautiful sheen on her skin, the color of her dress, the outline of her figure—impressions such as these arouse the mind to a state of desire.

Through the sense of hearing, sexual desire may

be awakened by the provocative quality of her voice, her laughter, pleasant music, the sound of waves or the patter of rain. Even a maiden's sigh may enliven the male.

By the sense of smell, the sexual centers in the brain are stimulated. Certain odors act almost instantly to create sexual desire. Woman has a fragrant body scent—particularly after the body has been bathed and refreshed—that is capable of quickly arousing amorous feeling. Perfumes, especially those containing musk, fragrant flowers, the odor of grass or new-mown hay, these and a thousand other lovely scents may awaken man to an appreciation of the beautiful.

Stimulation of the lips by a kiss from the one who is near and dear is one of the most powerful stimulants which urge man to possess woman. The lips and tongue are specially supplied with delicate nerves which communicate directly with the sexual centers in the brain.

By the sense of touch through the hands and other parts of the body, sexual feeling is generated. When the hand of the loved one is pressed into the hand of her mate, a glowing sensation spreads throughout the body.

These are but a few of the ways by which nature causes the love instinct to guide the conduct of man. Thus is developed the generating fire of life.

Arousement may occur at times when the male is not conscious of any sexual stimulus. Sometimes men notice that the penis is erect in the morning when they arise. Usually this type of erection disappears after the bladder has been emptied. Many subjects who believe themselves to be impotent have reported to me that they have morning erections. It can be accepted as a rule that if a man has a morning erection, he is not sexually weak. Young men who are worried about sexual matters will often experience their best erection in the morning. This is because they are free from worry after a refreshing night's sleep and hence the unconscious sexual urge can reveal itself before the man has had time to fret about his imaginary sexual weakness.

The penis may also become erect during sleep. This is due to a pleasant dream state which arouses the sexual areas of the mind. If a man has erections in his sleep he is not impotent. He may not be able to execute the sexual act until he has been told how to correct his difficulty.

The erection proper is due to stimulation of the

nerves which control the blood vessels of the penis. Under sexual excitement impulses are transmitted from the brain, spinal cord and other parts of the body to the receiving apparatus which regulates the activity of the penis. The blood vessels widen so that the blood is forced in great volume and under increased pressure into the tiny sacs of the erectile bodies. The exit passageways of the erectile bodies are now locked so that blood cannot escape. By the process of packing the sacs full of blood under pressure, the penis is made to swell. As the tension of blood increases, the penis becomes firm and hard.

Principally, erection is due to the mechanical or anatomical fact that the top surface of the penis is shorter than the underneath surface. The penis is drawn upward by lever action when it is completely filled with blood. This is the only direction in which it can naturally move. A strong ligament connected to the pubis helps draw the organ upward in suspensory bridge fashion. Support of the penis is also maintained by contraction of the muscles which join the structure to the pelvic bone.

Shortly after erection is established, a thin secretion oozes out of the canal opening. This secretion acts as a lubricant so that insertion of the enlarged

organ may be made without causing pain. The lubricant also serves to make the skin of the penis, especially the glans penis, more sensitive to touch.

In the female, erection also occurs, although the changes which take place cannot be easily seen. The outer lips of the vulva are distended with blood and become full. This engorgement has a tendency to widen the opening. A stiffening of the inner lips is also brought about. In this way the edges of the inner lips are made to swing outward. Insertion of the male organ is thereby made easier.

The clitoris also becomes erect. It enlarges considerably and becomes quite firm. Its sensitivity to touch is markedly increased during the excitant stage.

A generous quantity of slippery, mucoid secretion from the Bartholin glands bathes the vaginal lips. This substance not only makes entrance possible, but also adds to the female's pleasure by increasing the receptive quality of the nerve fibres which cover these parts.

After the penis is introduced, coitus consists of various types of frictional movements. The upper surface of the penis stimulates the clitoris. As the penis glides over the elevations and ridges of the

vagina it induces voluptuous sensation in both male and female. After this is continued for a sufficient period, the female experiences an orgasm—the sexual climax. The male is then ready to discharge, which is properly spoken of as ejaculation. An orgasm also occurs in the male prior to and during the process of ejaculation.

Ejaculation does not occur in the female. A generous quantity of secretion is pressed out of the Bartholin glands during the acme of sexual excitement. The orgasm lasts on the average from five to fifteen seconds.

After the semen has been ejaculated and the female has experienced an orgasmic sensation, there is a gradual relaxation of the sexual parts. The excess blood passes out of the sexual organs. The penis becomes softer and the vaginal lips become thin and flexible, as they were before excitation.

An important difference exists in the nature of the coital process in the male and female. Erection takes place rapidly in man and slowly in woman. It requires but a short time for the male organ to become erect, while it takes the female anywhere from five to twenty minutes (and sometimes even longer) to be properly attuned for body union.

Chapter V

CAUSES OF SEXUAL FAILURE AMONG HUSBANDS

IF you, the average husband, are unable to effect satisfactory union with your wife, it may be due to some form of sexual fright. A husband, on finding himself sexually incompetent, is apt to think that he is suffering from some actual weakness or degeneration of the sexual parts. Because a man is strong of body and is quite fearless it does not mean that his sexual constitution is sound. An outwardly virile man may be the victim of sexual fright. If a husband thinks that he is sexually unsound, he is apt to become mentally and physically distressed.

A study of a considerable number of husbands who regarded themselves as sexually weak has brought me to a realization that many such husbands were in reality affected with a condition known as psychic impotence or imaginary impotence. Also, quite a few of these mentally distressed

husbands think that they are abnormal in certain ways.

What sort of husbands find themselves sexually incompetent? It might be a youth fresh out of college who considers himself to be in a sexual dilemma. Frequently, a worldly man—the type of person one would never suspect of being daunted by sexual fear—may be weighed down by this form of sexual nervousness. Not infrequently have I been consulted by elderly men who are bold and daring in their usual sexual encounters but who live in a state of fright because of some suppositional mental quirk.

There are many happenings associated with the sexual function which worry lads during their developmental years. As these fellows mature they are apt to carry their adolescent ideas into manhood. One sexual phenomenon in particular which undermines the mental health of many husbands is the fact that in their 'teen ages, they suffered what is

ried. Take for example the phenomenon which all young men have known on reaching their sexual maturity—the sexual dream. When the young romantic lad finds that nature has set his sexual parts to work during his sleep, he is somewhat frightened by it. The sexual dream, accompanied by a climax, is called a pollution. It is a normal occurrence. Yet, husbands who are experiencing sexual troubles in marriage often say to themselves that those old “explorations” which they had in their youth are the cause of their present sexual weakness, because they want to believe that their trouble is due to a real or organic cause.

Many youths are terrorized by the wet-dream and this same fright balks them when they come to have union with their wives. Writings on the wet-dream often fall into the hands of those who suffer from sexual nervousness. These treatises usually convey the thought that wet-dreams are evidence of male weakness. Another point stressed by alarmists is that loss of semen during sleep is proof that the sexual parts are undergoing degeneration. These untrue statements are believed by many. The deep sense of guilt of the youth is carried over into his married life and haunts him in his marriage.

One of the ideas spread by alarmists and believed by many husbands is that every loss of semen is equal to the energy contained in a pint of blood. This comparison is false and misleading. Any reasoning person should arrive at this conclusion. This erroneous thought is apt to remain buried in the mind of a receptive youth and may not crop up until some years later. It is one of the first ideas which arise in the mind of the young husband who is experiencing sexual difficulty. Even mature men who should know better are inclined to blame the wet-dreams which they experienced in their youth as the cause of their sexual incapacity.

Wet-dreams are a normal or physiological process of draining the sexual parts. They are not any indication that the individual so affected is guilty of wrong-doing or that he is weak. Nature empties the seed sacs automatically when the opportunity for regular evacuation is not advisable or available.

Involuntary loss of semen, referred to in scientific language as "spermatorrhea," is the favorite topic of the professional frightener. Many young husbands, on observing a small quantity of thin secretion at the penis canal opening, jump to the false conclusion that this substance is semen. This secretion is

normal. It is formed by the glands in the canal and appears after some form of sexual arousalment. A large number of husbands consult physicians because they believe that they are suffering from semen leakage. In most instances the condition does not exist.

One of the biggest bugbears which young men have to meet is the problem of masturbation. The do-gooders like to refer to this practice as the habit of self-abuse. Most men have at some time or another indulged to some degree in self-gratification. It is a stage through which most men pass. If indulged in only infrequently, masturbation does not harm the male. Experienced physicians look upon the process of auto-erotism as a natural occurrence.

Many young husbands feel that they have partially ruined themselves because of occasional indulgence. This deduction is false. However, it is one that is frequently made. A considerable number of married men believe that their inability to perform the sexual act satisfactorily is due to the fact that they have committed "the folly of youth." The real harm which accrues from auto-erotism is that it gives the offender a sense of chagrin and inferiority.

It is quite natural for men, in seeking the reason for their supposed lack of strength, to blame them-

selves entirely for their trouble. Since masturbation is something for which they feel responsible, they blame this act. Frankly, auto-erotism is generally not the cause of their sexual weakness. All such persons can be developed into virile husbands.

Parents and teachers often frighten lads by telling them horrid tales about the evils of masturbation. One popular frightening story has as its moral that the sexual organ will wither away if one tampers with oneself. Such thoughts become deeply impressed on the mind. These unhappy memories are recalled in adult life when the subject meets with some form of sexual defeat. A sexually distressed man will feel himself rejuvenated when he gets rid of such nonsensical ideas. Husbands who had regarded themselves as sexual failures were returned to normalcy and lived healthy sexual lives when they had obtained the proper viewpoint regarding their so-called "improper" past.

Venereal disease has also been highly publicized as a prominent cause of sexual weakness. Men who have suffered an infection may believe that their lack of sexual capacity is due to a disease contracted in their youth. A great deal of harm has resulted from overstressing the peril of venereal disease. Thou-

sands of men are dominated by this fear. The alarmists say that the loss of sexual power is the price men have to pay for sowing wild oats. Truth of the matter is that this is the case in only exceptional circumstances. Sexual weakness will not bother a man who has been properly treated for a local infection.

Fear that the penis is too small is the basis for some cases of sexual incapacity. Many of those who regard their sexual organ as being undersized have an erroneous idea as to what is normal. Primarily it is not the size of the organ that is of importance but rather the ability to control erection. The length of the penis can be increased from one-half to three-quarters of an inch by glandular therapy and exercise. Also, by adopting a suitable position in coitus, practically all such men are capable of consummating the sexual act. Most of the men with this complaint whom I have seen have got married and have proved themselves sexually competent.

Sexual impotence can be caused by the fear which some men have of woman as a sexual being. They are afraid of their wives because they fear their own incompetence. Though such husbands strongly feel the sex urge, they regard their wives as "untouchable." This attitude should and can be corrected.

A husband may suffer a sexual "breakdown" if he has been taught in his early years that sexual activity is shameful. In marriage such men cannot act the role of the male because they think that it is not polite to do so. By proper sex education, these men can be made to discard their infantile notions about sex, and thus be converted into virile men.

In brief, it may be said that practically every young husband who finds himself sexually embarrassed because of sexual ignorance, sexual timidity or sexual fright, can be shown how to gain sexual power so that union with his wife will be complete and satisfactory to both parties.

Chapter VI

SEXUAL FRIGIDITY

MORE women suffer from nervousness because of sexual frigidity than from any other body ailment. Lack of sexual satisfaction for the wife in marital relations is so common that it has become accepted as a commonplace that sexual apathy is the rule rather than the exception.

All wives are interested in seeking the cause of this void in their lives. Wives plead for help because they desire to share with their husbands the thrill which sexual relationship affords. Nor do husbands enjoy union with a wife who is amorously indifferent. All modern women seek the "know-how" of the feeling of oneness with their mates.

In the answer to this age-old problem lies the cure for many of the mysterious ailments which befall the temperamental newlywed as well as the wife who has been married for some time but who has never been awakened.

Anatomically, the wife is at a disadvantage insofar as the mechanics of sexual union are concerned. The sensitive zone of the female is not readily contacted. Nature undoubtedly imposed this disadvantage on the female so as to increase woman's capacity to choose. If woman were too easily aroused and appeased it would not permit her to employ her discretion and reason in the mating process.

Wives are no longer content to be regarded as an instrument for the satisfaction of their husbands. They have sought and won their social rights, their economic rights and their political rights. Now, they are also demanding their sexual rights. In the past, little progress was made in remedying sexual coldness because the whole situation was regarded as being of little consequence. Today, however, matters are entirely different. The worm has turned and wives now speak their minds. If they are without sexual feeling, they want to know just what is wrong and how this major defect may be corrected.

Husbands, too, have put their false pride aside and have shown an intense eagerness to pry within the inner sanctum of woman's sexuality. The modern wife refuses to accept the trite old bromide that respectable women are naturally cold and therefore nothing can be done to better the situation.

When woman occupied an inferior economic position, she was inclined to repress her sexual inclinations and desires. Now that woman has acquired the power to spend money as she sees fit, she has refused to be "used" as a device for man's pleasure. Nothing is more depressing to the average wife than to be a spectator while her spouse is the only sexually awakened member of the union. This leads to mental irritation, which may cause intense enragement. Thus the door is opened to disdain and hatred.

Sexual frigidity is the underlying element in many instances of female neurosis. By dispelling this unsatisfactory state, the nervousness of the wife will be cured. Too much secrecy in sexual matters has tended to keep women in the dark as to the proper way in which to release the sexual mechanism. If the husband is not familiar with the sexual organs of his mate, he will not be able to bring about sexual release. Ignorance on the part of the husband suffices to account for a large number of frigidity cases.

The term "frigidity" is a relative one. Actually, there are few women who are constitutionally "cold." Frigidity due to lack of satisfactory union is correctible. However, most young wives are afraid to complain about their lack of sexual feeling. They

think that there is something wrong with their body and do not wish to admit that they are sexually sub-normal.

Sexual incapacity on the part of the husband is a substantial cause of frigidity. Relatively few spouses are aware of the ease with which this malady may be corrected. Most human beings fear that sexual ailments belong in that group of illnesses which are difficult or almost impossible to cure. This idea is absolutely wrong.

A considerable number of frigidity cases are due to the fact that in many women the foreskin or hood of the clitoris prevents exposure of the head of the clitoris. Since the head of the clitoris (glans clitoris) is the most sensitive zone of the female sexual organ, it is plain that the female will be unable to feel the necessary sensation to produce sexual arousalment and climax.

In the year 1892, an eminent gynecologist remarked: "About 80 per cent of all Aryan American women have adhesions which bind together the glans of the clitoris and its prepuce, in part or wholly, and which cause little or much disturbance." In the present year, a study as to the prevalence of the hampered clitoris would in all likelihood reveal an

almost similar state of affairs. Despite the progress of civilization woman tends to be sexually infantile. This is due to the absence of means to render her glans clitoris more receptive to sensation. The spouse, by proper directional effort, can be shown how to ensure exact genital contact. In this manner the end organ of woman's finer emotional sensibilities will be properly stimulated.

The clitoris plays a major role in determining a woman's destiny. Yet, less attention is directed at the clitoris than any other sexual part. Wives know very little about the location or function of the clitoris. This tiny structure is the end organ of woman's sexuality. It regulates to a high degree the physical and mental health of woman. Often the clitoris is so miniature that it can be seen only with considerable difficulty. Because of its infinitesimal size the clitoris is underestimated and neglected.

Much marital incompatibility is traceable to lack of knowledge about the clitoris on the part of the wife as well as the husband. Nerve excitability of the clitoris is not effective unless the head of the clitoris is freely movable. If the head of the clitoris restricts the latitude of clitorine motion, improper function is apt to result. Nature has provided for

the release of much of woman's mental and physical tension through this structure. Therefore, liberation of the clitoris is vital to the well-being of the individual. By employing the technique of clitorine liberation those cases of frigidity can be corrected which are due to lack of proper local receptivity.

Case Report

A married woman, age 28, sought help in dispersing the disagreeable features of her frigidity. She had been married five years and had remained sexually cold. Not only was she without sexual feeling, but her husband had not been able to consummate the marriage because she suffered from vaginismus—a spastic condition of the vagina. Hence, entrance had not been possible. Her physician had tried his best to aid her by means of antispasmodics. Even hypnotism was resorted to. Even when she was under complete hypnotic spell, her vagina remained tightly contracted.

Previously, she and her husband had consulted nine physicians, all of whom had tried every known measure to relieve her sexual anaesthesia and vaginal spasm. Her family physician had heard of the sys-

tem which I had been using for the relief and correction of such cases and asked if I would be willing to accept a very difficult case. The referring physician frankly stated that he was anxious to shift the responsibility to someone else, for each evening when he was about to close his office this couple would beseech him for help. A meeting with the patient was then arranged.

Exactly at the appointed time a youthful, powerfully built woman presented herself. She was accompanied by her elderly mother. In precise language the patient presented her case. Tears came to her eyes as she described the torture which she was made to endure because of unsatisfactory sexual relationship. Whenever the patient paused for a moment in order to give me the pertinent facts in their exact order, her mother would quickly refresh her daughter's memory. The mother spoke with almost as much feeling as the daughter. She seemed to regard herself as the victim.

As the patient unfolded her story, she displayed no sense of shame or hesitancy in presenting intimate details. She recited her tale of woe in about a half hour. After she had finished her account of what seemed to be a most pathetic marital existence,

her mother took up the theme and exclaimed: "Doctor, I know as well as you do that there is something wrong with my daughter's marriage. I am willing to give doctors one more trial to help my child. You are the tenth doctor whom she has seen about this dreadful condition. Ten doctors are enough for such a sickness. Why should my daughter be afflicted? I never heard of this sickness before. If you can help, I'm willing to do everything. If you cannot help her, I am going to call it quits."

It was obvious that the mother was running her daughter's life and ruining it as well. To a considerable extent the mother was occupying the center of the stage. I next proceeded to examine the supposedly frigid wife. My attention was first drawn to her huge and fatty abdominal wall. The woman admitted that she ate freely any and all types of energy-producing foods. She also stated that her mother did the housework and that she sat and watched her mother work. Thus it was simple to account for the subject's evident surplus weight.

As I was about to proceed with the pelvic examination, both mother and daughter asked in rather a pleading tone of voice that this part of the investigative study be omitted. Their reason was that

Within a month's time, the husband had regained his vigor and became reborn in spirit. He became very jovial. Now, at my suggestion, he adopted a new plan of life. He invited that his wife take up social contacts and become friendly with people. This was not easy to do, for his wife and mother-in-law preferred to remain at home and play cards by the hour.

On reviewing the situation the idea struck me that the wife did not like to live any sort of social life because of her tremendous size. Attention was now paid to the matter of weight reduction. She was put on a strict diet and a plan of exercise. A basal metabolism test also disclosed her need for medication. In due time her fat melted away and she began to acquire a lovely figure.

This accomplishment was a feather in her cap. Now her attractiveness gave her great appeal. All of her timidity had disappeared. She was anxious to go places and see things and be seen. Since she could now purchase clothes of popular style she presented a very chic appearance. Previously she looked drab for her selection of garments was limited to a few styles made especially for corpulent women.

My plan now was to break up the close relation-

ship between mother and daughter so that the wife would be inclined to pay more attention to her husband. This was no simple task. I could not appeal to the adamant mother. Since the wife was under her mother's domination, I felt that the daughter would side with the mother. Therefore, I concluded that the best possible way in which to bring about a healthy and friendly attitude was through the cooperation of the husband. For a while, it had seemed that the fates were against the husband. Now it appeared as though he were gaining the upper hand. Though the husband had been dominated by a Xanthippe type of mother-in-law, he nevertheless had unwavering determination. His resourcefulness was unlimited. My task now consisted of making this person the leader rather than a follower in his household.

It was essential that I take the husband completely into my confidence. I presented to him a rather clear picture of the events which had led to his sexual decline. He now saw more clearly than ever the necessity for getting around the "wet blanket," his mother-in-law. The plan which had as its purpose the correction of his wife's frigidity was also enriched with a very laudable motive. Not only was

he advised how to overcome his wife's vaginismus but he was also instructed to get his wife pregnant. Everything about the enterprise appealed to the husband for he saw that by following orders he would check the forces which were serving to defeat him.

In short order the husband ceased being a shadow and became a positive sexual being. The coaching and directing which I had given him were beginning to show effects. No longer would he allow himself to be treated in a servile manner. He took his wife and the never to be shaken mother-in-law to a fashionable night club. This was their first venture to a place of this sort. All of them thoroughly enjoyed the novelty and stimulating effect of night life activity.

Bit by bit, the husband acquired the upper hand in the trio. He could now do much more than he had ever done before in the way of entertainment because his income had been increased. Since he was bringing in more business for his concern, he demanded a better salary and he got what he asked for. By taking a commanding position in family affairs, his wife really admired him tremendously.

As the frigid wife continued to take notice of her husband's capacity as a man of force and power,

she was drawn toward him more and more. Yet she continued to complain of pain whenever any sexual relations were attempted. However, she admitted that her mental attitude toward her husband had greatly improved. The change in environment was also having its telling effect. This supposedly frigid wife had been reared in an atmosphere of undue tension. Her father had spent most of his time striving to elevate the family's social position. Social prestige meant more to him than anything else in the world except economic power. When the father passed away, the mother took control.

My task was now directed toward breaking down the isolationistic nature of the mother's and daughter's personalities. The husband recognized the predominant role which pretense played in their pattern of living and decided to do worth-while things. Thus he became a real person. His wife followed suit. At last she began to understand the meaning of love. As the weeks work on, the formerly frigid automaton admitted that now, for the first time, she was falling in love with her husband. A state of exhilaration had come over her which she had never known before. She said that there had been little emotional feeling in her parents' love. Their sole aim was to

make sure that she remain a "good" girl and that she be married to a man of the proper class.

A second honeymoon was now arranged. The husband and wife entered into a secret pact not to tell the mother anything about their plans for fear that she would want to accompany them as she did on their first honeymoon. I then bade the couple goodbye and told them to return in two weeks.

Two months or more passed and I did not hear a word from the couple. I felt that no news was good news and presumed that all was well. Then came the long-awaited telephone call from the wife. She said that she had some good news for me and that she and her husband would be down to the office within a few days.

Their recital of the eventful days was most thrilling. She voluntarily stated that now, for the first time, the marriage had been satisfactorily consummated. The husband interjected his bit of victorious news for he stated that his wife could now experience a climax without any difficulty. A strong bond now united the husband and his scintillating wife. Their friendliness and amiability were very evident.

In addition to this good news she also stated that she was pregnant. She was most happy that she was

to become a mother. Now her time would be profitably occupied. The idea of having something to love enthralled her. An expression of unlimited joy ignited her countenance. "Isn't it all wonderful, Doctor?" she queried. Both of them expressed their thanks and gratitude for all that had been done.

Finally the time came for the blessed event. Shortly after the expectant mother entered the hospital she telephoned me and sought to be reassured. I told her that she was physically sound and that she would come through quite all right. After the delivery she telephoned and told me that the anticipated ordeal had not been bad in the least. A darling son had been her reward.

In reviewing the various aspects of this case, it was my opinion that the most powerful single factor in investing this woman with profound passion was the fact that she had put her entire reproductive system to work. Of course, the liberation of the clitoris played a vital part, too. Reestablishment of her husband's sexual power was an absolutely essential step. Breaking down the bond of unnatural closeness between mother and daughter was also paramount to the development of a satisfactory sex life. Selfishness on the part of the mother was a

prime element in stifling the wife's love life. The mother placed her love of economic power above her daughter's happiness.

Love was now present in this couple's life for the first time. That cheerful and intoxicating state of being appreciated and understood was a new sensation to the wife. This was something which her mother had never known. The mother did not care to have the flame of love ignited within her daughter for she had been denied that glory. However, the baby brought a new excitement into the home. The mother-in-law, too, was caught in this grand emotional current. She adores her grandson and has ceased being the enemy of love and of all that is good in this world.

Now, the important question as far as the average frigid woman is concerned is whether she can utilize the technique advised herein. The answer is Yes. Absolutely yes, if she and her husband cooperate in their activities. Above all things, the frigid woman must be absolutely honest with herself. If she is, she can experience a complete and satisfying climax.

All frigid women desire perfection in their love life. These wives must be made to understand that the term "perfect love" is an abstract relative term.

Too many "cold" women hope to live the sort of love life which they dreamt about as a young girl. The prince charming as portrayed in novels does not exist in real life because the real man lives in a competitive world and has to work for a living. Frigid women are inclined to live in a world of unreality. Normally sexed women live in a world of reality.

The prolonged day dream is indulged in by many women who are subnormal as far as their emotional love life is concerned. Zest for real excitement is thereby lost. Energy is wasted in mental excursions. A woman cannot jump from a life of phantasy to one of every day reality by a directive from the mind.

It is very difficult and often impossible to assist those who regard love as a silly extravagance of effort and energy. To many women marriage merely means the opportunity to improve one's social position. Young ladies who have been reared in an environment of emotional indifference are apt to be the victims of sexual iciness. The doctrine of this class is that women should love with their heads and not with their hearts. Some wives are so selfish that any sacrifice is difficult for them to make. Mas-

tery over frigidity can be achieved only by conforming to the laws of nature and society. Those who would solve this riddle of sex must love with all their hearts, with all their soul and with all their might.

Chapter VII

PREMATURITY

ONE of the greatest bugbears the male has to contend with in married life is the problem of prematurity. The inclination to lose control at an inopportune moment is very distressing to the husband. This topic is of vital interest to every spouse, for by all odds this complaint overwhelms the majority of the male sex.

The important thing about prematurity is that it is correctible. There are many theories as to the cause of this embarrassing disorder. More men suffer from emotional unbalance because of prematurity than from any other malady.

A logical view about premature spending is that it is caused by a very delicate trigger mechanism. This concept is based on the fact that the male seed is released by two tiny valves located in the back part of the canal which passes through the penis. These controlling valves are the ejaculatory ducts. Because

of their highly delicate mechanism these ducts easily become irritated and fail to hold in the secretions. Therefore, to keep these ducts or valves which regulate the spending process in commission it is necessary to free them from unhealthful or abnormal irritation or stimulation.

It is imperative that the very essential idea that the spending mechanism contains voluntary muscle fibres be impressed on the mind. This means that the regulation of spending is in part under the control of the will. It is my contention that the power of the mind to insure holding off the spending release mechanism is tremendous providing a spouse will, with the aid of his mate, spend a little time in training himself to regulate this function.

The average husband is incompetent because he has been poorly, or not at all, prepared for the process. Practically all the fundamental processes of the body need ample training before they function properly. Let us consider for example, the act of urination. Simple as it seems, we did not learn bladder control in a short time. It takes quite a bit of training to teach the child how to hold its urine and how to release it. In the case of controlling the spending process, it is likewise a matter of learning how to

withhold the sexual products until the time arrives for complete release.

Experience in life is the great teacher. We learn how to eat wisely as a consequence of much bitter experience. When we disregard the laws of digestion, we have to pay for it. Proper eating is an art learned only by constant teaching and experience.

I could continue to show, by illustration, how our actions, though they seem to be very natural occurrences, are acquired only after years of apprenticeship. Yet people expect the most complex function of the male organism to function expertly without any preliminary training or aid. My purpose, therefore, is to show that the art of satisfactory coitus can be acquired, with some hints, a little advice and a few suggestions, by almost every man. I have yet to see a case of prematurity in young men which was not correctible.

✓ Sexual expression differs from other processes of the body in that it requires the give and take of two persons of opposite sex—the husband and wife. All too often, however, the male organ is unable to function adequately, for shortly after insertion the seminal secretions ooze from the penis, contrary to the will of the male. When the rigidity of the

organ is lost, neither spouse is pleased by this sudden bad turn of events. Something has interfered with the sexual mechanism. That mysterious something is the loss of emotional control.

The very disappointing part about this unpleasant episode is that it so frequently spoils the relationship of two people who are very much in love.

Let us trace the development of the sexual urge and see just what goes amiss when the last great act in human relationship comes to pass.

The youth, having chosen a girl companion who has attracted him, finds that she enjoys his company as well. They like to go to movies and other places of entertainment together. They find themselves lonesome when deprived of each other's companionship. He delights in taking her arm to aid her in crossing streets and on the slightest pretext holds her hand. Bit by bit they find that they have interests in common and long to be near each other continually. He sends gifts, candy, and flowers and they exchange notes. Then comes the night—perhaps it is after a dance—when he feels that an invisible force is strongly attracting him—he kisses her—he tells her he loves her. His attitude now becomes aggressive. He means to possess her and claim her for

his wife. At first their understanding is secret. No one must know of this deep secret love. At last he no longer wishes to conceal his admiration and he tells his friends that he has made his choice.

The period of engagement is particularly happy. Night-clubs, beach parties, house parties, trips to the country, and similar adventures allow them opportunities of demonstrating to each other that they clearly delight in being near each other. The fiancée permits a bit more tenderness, which is termed "necking." In this testing process they find that they are physically as well as mentally pleasing to each other.

While activated by this magnetic force, the personality of the suitor is entrancing. He is quick at repartee. His gestures are full of animation. His eyes have a brilliant sparkle. He laughs readily and he seems to emanate his inward joy. They agree that constraining is no longer advisable and they set a date for the wedding.

Events usually shape themselves until the time arrives for the consummation of the marriage. Openly or secretly the process is generally feared. He becomes bewildered and the affair which he had imagined would be a source of keen delight is instead

an onerous task. Embarrassment and fright stalk him. Sinking sensations begin to creep in. He may feel dizzy and unsteady in his actions. His technique is faulty. Since no one has told him how to proceed, he does the best he knows how. Dreams of manly superiority and power fade and his courage ebbs away.

Wherein lies the difficulty? Why does coitus prove to be so unsatisfactory to so many? There are many physical and psychic causes for sexual inadequacy. There may be one or a dozen or more types of fear which operate to spoil man's sexual drive. It makes no difference whether there is fear of failure, fear of woman, or fear of incapacity, the fears can all be overcome by the proper technique. All the fears—no matter how severe or how tormenting—can be brushed aside when the individual is possessed with the secret of the "know-how."

Whatever else may be wrong, we know that there is a spasticity of the muscles of the prostate gland and the seed sacs where the vital substance is contained. To learn how to control this muscle is as easy as it is to master control over other muscles of the body. -

But the average man who is disappointed in his

body behavior will not sit down and slowly reason things out. He immediately jumps to the assumption that his vital part is all out of commission. Some will try to rebuild themselves by eating and drinking energy-producing substances. Everything is done which friends tell him about but nothing is done in a scientific way. The problem of prematurity can be and should be handled in a scientific manner.

Not a few men do a great deal of harm to themselves by taking cold baths. They believe that the cold will help to stifle their passion. The possible harm in this procedure is great. The shock to the body is not inconsiderable. Damage to the kidneys may ensue. Why should one punish oneself or submit to such rigors when it is entirely unnecessary?

Among the populace, one method that has won some slight measure of success consists in thinking of something terribly distressing or disagreeable prior to the insertion of the penis. This train of thought is continued until the erection has been maintained within the vagina sufficiently long. The disadvantage of this system is that it takes away all the joy of human sexual relationship. Besides, such ordeals fail more often than they succeed. All in all, no one needs to insult his intelligence to acquire sexual stability.

One of the errors which most young spouses make is that they consider coitus to be closely akin to masturbation. They know that both processes terminate alike. Yet they can't understand why their erection will not endure for a reasonable period of time when inserted into the place which nature has designated for it. Actually, however, there is a wide disparity between the two processes. Onanism is carried out by frictional movements against a dry object, while in coitus the friction is developed by contact with the warm, moist, tight vagina.

Here alone is the vast difference between the solitary mode of stimulation and coitus. The cutaneous nerves are stimulated very slowly in autoerotism, and only a limited area of the penis is contacted. In coitus the entire surface of the penis is subjected to the stimulating action of the vaginal walls at one time. Besides, the precoital secretions which bathe the penis augment the sensitivity of the delicate nerve endings so markedly that the degree of sensation perceived is far greater than that experienced in masturbation.

✓ In masturbation, the subject controls the act voluntarily. He can therefore increase or decrease the stimulation according to his own wants and de-

sires. The onanist prepares within his mind an imaginary ideal environment. His sexual object is entirely satisfactory to him. There are no obligations on his part. He feels that he possesses the pleasures of coitus without the drawbacks or penalties attached thereto, but in coitus he finds that the sexual object behaves differently from the way it did in the dream state. He enjoys being in the arms of his wife, but the sensations are too thrilling and occur too rapidly. All this overwhelms him, and the premature spending is the consequence. Onanists usually reason, and correctly so, that if the degree of stimulation could be cut down or if the subject could fortify himself to withstand it, he could perform more adequately.

There are many other vast differences between masturbation and coitus. By stressing these dissimilarities I wish to emphasize the point that coitus is physically, physiologically and psychologically an entirely different art from onanism and therefore must be performed *in a different manner to ensure a successful termination.*

The raising of the blood pressure in coitus is gradual, thereby ensuring an even distribution of fresh blood to every part of the brain. In onanism the

blood-pressure rises and falls more suddenly, which adds to the shock experienced in the process. During coitus all the sense organs function simultaneously, thereby causing stimuli to emanate from the entire body, while the autocrotist receives stimuli only from the penis. Onanists must focus their entire attention upon the penis, while in sexual intercourse body contacts in parts distantly removed from the penis are able to furnish a degree of pleasurable sensation that is most gratifying. Successful coitus is followed by a sense of well-being, while a sense of depression often grips the onanist on the following day.

With these facts one can begin to understand why the sexually inexperienced person does not carry out his coital activity successfully. He proceeds very much in the manner in which he exercised his onanistic acts—that is, quickly. It is difficult for him to resist expelling his semen. He feels that he will sacrifice some degree of his pleasurable state if he does not proceed to gratify immediately his longing for a type of gratification that has proved pleasing. Progress cannot be made in treating the sexually inexperienced until they are made to realize that coitus is not masturbation within a vagina.

Coital control is not attainable until the individual

has a firm and stable control over his body sphincters—i. e., the valve-like circular muscle surrounding the prostate gland and the ejaculatory ducts.

Over-anxious husbands who wish to act the role of the great lover exhaust themselves in the initial stages of coitus, thereby causing the muscles to lose their effectiveness at the crucial moment.

To overcome prematurity one must have some knowledge of the emotional system and how emotion may be checked. In body union, the control valves of the seminal reservoirs are over-stimulated. This has a tendency to weaken the outlet mechanism so as to make retention of the vital secretion very difficult or impossible. Under sexual excitement, respiration is increased. The spouse must know how to procure his "second sexual wind," which means that he must learn the art of breathing freely and easily while under sexual stress.

The whole crux of satisfactory control of the spending mechanism centers is the recognition of how respiration influences the emotions.

Few people ever take cognizance of the change in respiration which occurs in every state. Normally, breathing

tion which are associated with the regular contraction and relaxation of the diaphragm.

When we are moved by fear, anger, joy, fright, etc., the diaphragm no longer describes its usual movements. The chest wall begins to rise and fall rapidly, due to the fact that inspirations are quick and shallow. Excitement causes a narrowing of the mechanism which regulates the quantity of air entering or leaving the lungs.

✓ One can easily control the emotional states associated with coitus by the art of regulating the respiratory rate. All that is required is a little practice. By the use of this method, erectile power may be made to persist for a sufficient period to allow complete gratification to both spouses.

I have taught this method for more than a score of years and it is highly efficacious. If properly followed it will ensure the sought-for capacity.

Many authorities have tried to blame this common disorder of premature spending on the fast emotional pace of our modern cities. This explanation is unsound, for those who live in the quiet repose of small towns, villages or hamlets suffer from prematurity as much as do cityfolk.

Spouses afflicted with premature spending are

frequently counseled to abstain from all sexual contact and to live in a state of sexual deprivation. The husband is told to clear his mind of sexual thoughts. This instruction is not complied with so easily. All of this sort of deprivation is unnecessary. The husband will be able satisfactorily to maintain his virile power by proper breathing if he has the co-operation of his wife. I shall subsequently set out in detail how this control may be put into practice.

Chapter VIII

HOW HUSBANDS MAY BANISH SEXUAL FEAR

ERADICATION of sexual fear is accomplished by learning how the fear originated. Once the fear-stricken husband acquires an insight into the way in which fear emotion was implanted within his mind and body he will know how to discount his morbid fears and how to side-step their bothersome effects.

We shall discuss the common fears which make sexual cowards of many fine men. Take, for example, the fear which a host of husbands have that they are sexually weak because prior to union, a very liberal quantity of thin secretion seeps out of their canal. The highly emotional uninformed husband will say to himself, "Aha! This is the penalty for violating nature's law. I am a weakling. I am unworthy. What shall I do?"

All that is necessary for this person to do is to say to himself, "I have two choices. I can follow the advice of the scientist who is interested only in the

welfare of man. He has proved and therefore knows what he is talking about when he says that such secretion is normal when a person is sexually aroused. On the other hand, I can follow the warnings of the alarmist who may profit by my fear. Since the professional propagandist thrives on scaring men and women, it is logical to assume that his proclamations are issued for selfish purposes. He is not scientific and therefore his opinions are not based on sound reason. Henceforth I shall pay no attention to his frightening words."

Use of a technique of this sort would restore to normalcy the army of husbands who are nervous wrecks because they have a slight overflow of secretion. What to them is an indication of weakness is actually a sign of virility. Lack of scientific knowledge makes "neuros" of husbands. One must never forget that moisture in the generative part is normal. This is nature's way of keeping the tissue highly sensitive and receptive to proper sensation.

Fear of having an undersized sexual organ keeps many husbands in a state of nervous frenzy. Most of the husbands who work themselves into a nervous fit over this condition accuse themselves falsely. To begin with, every husband should know that the

size of the generative organ bears no relation to efficiency. What matters is that the husband is able to satisfy his wife and himself. Many a husband with a large organ finds himself incapable. Therefore one should not engage in much needless talk about the necessity for an oversized part.

A mistake made by husbands who are too self-conscious about their sexual organ is that they have an exaggerated idea of what "normal" means. Most husbands base their concepts of what they presume to be the measurement of the normal penis to be on the tales or stories which men tell one another about such matters. Most of the tales about the size of the generative organ are calculated to appeal to men's imagination and should be summarily discounted.

A considerable number of husbands who are of the opinion that their organ is a trifle below the normal in size can be returned to a state of sexual competency in a very simple manner. The technique consists of the exercise of slightly extending the organ on the vertical plane. If a very minimal degree of tension is applied to the organ several times daily an appreciable elongation can be secured within a period of three months. I have taught this technique to many husbands who, by availing themselves of

this information, have rid themselves of their main worry. Furthermore, this measure has helped to rescue many men from the ranks of bachelorhood. Hormones, properly administered, serve to hasten the change. In this practical manner, the husband who is sexually incompetent because he has false notions about the size of his penis can be relieved of his worry and made to function normally.

To banish the fear of pollutions (wet-dreams), it is necessary for the husband to understand that the involuntary loss of semen during sleep is only a symptom and not a disease. The husband who attributes his sexual ineptitude to the pollutions he experienced prior to marriage will discard this idea when he is set aright by scientific opinion. The scientist states that the night losses do not drain one's vitality or injure one's sexual constitution. Opposed to this view is the cry of the alarmist who states that seminal seepage is crippling. Anyone with a grain of judgment will adhere to the opinion of the scientist because he is merely stating what he has observed. Those who seek to confuse men appeal to their imagination. Hence, the husband who believes that his prematurity is due to night losses suffered years previously should readily see that those occur-

rences have no relation to his failure to properly regulate his sexual mechanism. As soon as the fearful husband has accomplished sexual organ control, he will have convinced himself that his wet dreams have not harmed him in the least.

Husbands who find themselves sexually incompetent often worry themselves over the fact that they once indulged in masturbation. They attribute their unsatisfactory sexual relationship to this practice. Any husband who is unhappy because of this thought should calm his mind at once. Practically all the awful things which are said about the evils of masturbation were spoken to frighten the youth so that he would abstain from this form of gratification. Society utilizes sexual fear to protect the romantic-minded young man from pitfalls. All the sex-alarmed needs to do is to say to himself: "All I have to do is to have a successful contact and all the fearfulness which was aroused by my worrying about masturbation will cease." Successful contact will correct sexual fear more quickly than any other method.

Imaginary spermatorrhea or fear that the male seed seeps away unconsciously is responsible for sexual anxiety among many husbands. The spouse who has been ill by thinking that his lack of sexual

capacity is due to loss of semen should take stock of himself and say to the inner man: "It's time to call a halt on all this nonsense. My common sense tells me that if I am strong enough sexually to have erection then I cannot be weak as a consequence of involuntary losses. All this talk about spermatorrhea must be without foundation." If a sexually confused husband will give himself a lecture of this sort, he will have rid himself of that ridiculous fear of spermatorrhea.

Let us next consider the common case of the young husband who is somewhat timid because he has an extreme fear of women. To overcome this subtle form of fear, it is necessary for the husband to adopt the proper attitude and say to himself: "I am going to learn how to combat my defective mode of thinking in a scientific way. Let me first consider what woman actually is and what she is not. Above all else she is a human being, like myself. Therefore she should not be placed on a pedestal or worshipped. Her emotions are akin to my emotions and they may be appeased in a similar manner. I shall therefore pursue the system of sexual union herein advocated. Since it has been tried and proved successful in thousands of cases, it is quite reasonable to presume

that I, too, will find the solution to my vexing problem. If I do not succeed at the first trial, I shall continue to follow the plan advocated until I have acquired the proper control and attitude toward my wife as a mate and sexual being."

Any husband can train himself to exercise adequate control over the sexual reflex. To do this, he does not have to alter any of his concepts or beliefs. He need only learn how to breathe properly and thus achieve complete emotional relaxation. The technique of acquiring emotional control is very simple. First, a deep inhalation is taken in an effortless manner. The inhaled breath is held for a few seconds and is then gently released or exhaled through the mouth. After this is repeated three to four times, the subject will take note of the fact that all feeling of tenseness will have left his body. After a rest of a few seconds, the husband will repeat the process. The formerly sexually bewildered husband will have discovered that he has taken the first step in acquiring coital control. Thus the trigger mechanism of the sexual organ is subjected to the regulation and will of the mind. By this supervisory activity the sexual parts can be made to function perfectly.

One of the first questions which is apt to present itself to the reader is how is it possible to regulate the intricate sexual mechanism by a process which seems rather unrelated. The answers to be found in the fact that the sexual act represents an emotional process or a state of great feeling. To curtail the passions one need but invite a state of being in which there is the capacity for controlled response. In this state the energies of the body are greater, the mind-body reaction is in harmonious balance and the mind is sustained at a high mental plane.

It is rather difficult for most men to dissociate themselves from the defeatist nature of our culture insofar as sexual activity is concerned. If one examines all the elements of daily life which are anti-sexual, one can readily understand why practically every aspect of human sexual relationship is conducive to the development of sexual fright. However, I have supplied the key to solving this riddle and pointed out how sexual fear may be effectively combated.

Chapter IX

THE ART OF SEXUAL UNION

It is an open secret that most couples have a great deal of difficulty in bringing about satisfactory sexual union. As a consequence of the unsatisfactoriness of sexual relationship the greater proportion of married women derive no pleasure from their sexual life. This statement is no exaggeration in any sense of the word. However, it is not necessary that this sad state of affairs exist, but it does. The principal reason for the lack of sexual expression in marital union is due to ignorance on the part of husband and wife.

It is also true that many women—all too many—are sexually indifferent. Sex to them is abhorrent. They even dislike the very mention of the word "sex." These women do everything in their power to avoid intimate relationship. Obviously, then, something must be radically wrong in the scheme of things if the most beautiful process in human relationships so frequently goes awry.

Usually the husband is blamed for the fiasco of sexual endeavor. The fact that he is held to account because things do not proceed as the couple imagined they would does not mean that he is actually responsible. In all honesty and sincerity, the husband is no more to blame than his wife. When something goes wrong in the private life of couples, the man is usually looked upon as the blundering member of the union. Because the male has been constantly censured for faults in love relationship it has come to be accepted as a truism that the husband is at fault when sexual activity does not work out as anticipated. This assumption, however, is not correct. In some instances, the husband rightfully bears the burden of responsibility. In other cases, the wife needs to be reproached.

A great deal of progress, however, cannot be made in solving the vital problems associated with sexual activity if the husband says that it is the wife's fault and the wife states that the husband is to blame. Nor will it do to say that the responsibility is a fifty-fifty one. In many cases the parents of the couple—the proud, haughty, sexually indifferent parents—have tended to implant within their children the seeds of sexual stupidity. Hence, when these children grow

up and enter matrimony they are often not prepared for the task of fulfilling the obligations incurred in marriage. When we get down to the fundamental causes of sexual ignorance, we can readily see that society has failed to give the average young married man and woman the necessary knowledge to fortify them for their new relationship.

It is all very well to point the finger at the husband and proclaim that he is sexually incompetent because he is fairly boiling over with passion. That does not prove that the charge is just or valid. A scientific analysis of the situation would show that the average married man is no more stupid than his wife. The trouble with the situation is that men are supposed to know all that there is to know on such matters when in reality they have been very poorly taught.

The time has now come to call a halt on the slander which has been heaped on the male sex. This age-old trick of trying to blame the thoughtless, clumsy husband for all the evils of unsatisfactory sexual union should be exposed. The male is not the sex-mad creature that many writers have tried to make him out to be. When it comes to determining the causes of sexual unenlightenment, we can say that in some instances the husband is unlearned in

the art of life, in others the wife is non-cooperative, while in still others the degree of ignorance is equally divided. However, the only way in which success can be achieved in this activity is by complete co-operation.

Success in the art of love calls for absolute unselfishness. Wives who feel that it is the husband's duty to make all the advances fail to realize that the sexual act consists in action and reaction of both the husband's and wife's body and soul. There can be no true relationship if the husband is the only active participant.

I see any number of men who diagnose their case as one of sexual weakness when in reality they are suffering from sexual timidity. In cases of this type, a little encouragement from the wife accomplishes wonders. An understanding wife knows how to make the sex-awkward mate feel at ease. Many men believe themselves built too small. They develop a feeling of incompetency if the first attempts at coitus fail. They should be told that the size of the organ bears no relationship to its utility.

A husband's feeling of organ insufficiency can be readily overcome by a helpful and patient mate. A wife can persuade her mate that he is not sexually

inferior even though he insists that he is. A great many husbands get an obsessive idea in their minds that they are sexually unreliable. This thought makes them sexual misfits. A wise and encouraging wife can convert a so-called impotent husband into a sexually potent spouse. The too strait-laced wife can never unveil the sexual soul of her husband if she considers the matter of sex—the very essence of life—beneath her dignity. She fails to understand that nature developed the sexual organs and endowed them with certain pleasing sensations so as to further the propagation of the race. She does not realize that the law of evolution is based on sexual selection. A wife should know something about psychology—particularly the psychology of sex. A wise spouse will give her husband every encouragement. Autobiographies of great men often reveal the fact that they got their inspiration from their wives who praised their efforts and stimulated them. The haughty wife who feels that she is above all things sexual can never understand the mysterious incentive which is generated by a little love play.

Women are more tardy than men in reaching the stage where they are ready for union. However, the difference between the time it takes for the parts to

swell up and become rigid in the female and the time necessary for the penis to become firm should not be too great.

One reason for the extreme slowness in many women to awaken to amorous sensation is due to the fact that their main organ of sensation—the clitoris—is not in a receptive state.

The clitoris plays a major role in sex life, yet a comparative minority of husbands know that this structure exists. An even smaller number know its location. Fewer still know the sensitive sites of the clitoris and how to pass them so that the other parts of the body which are affected by clitorine stimulation are thereby awakened. No matter how much arousal there may be of the feminine being, it is for nought unless the head or glans of the clitoris is stimulated.

Woman's destiny is largely controlled by the clitoris. Yet women know very little about the location or function of the clitoris. This diminutive structure is the end organ of feminine sexuality. It is difficult to conceive that the all-important nerve endings are contained in a structure which is about the size of the head of a match. To a high degree, the physical and mental health of a woman is regulated

by the clitoris. Often the clitoris is so insignificant in appearance that its importance is underestimated.

Wives can do much to maintain a hygienic state of the clitoris by keeping it free of irritating secretion. Much marital incompatibility is traceable to lack of knowledge concerning ways and means of keeping the clitoris free of bacterial deposit.

Quite a bit of time and consideration are given to the subject of the clitoris because if the wife will understand how properly to promote awakening of this highly charged zone, all her other problems will be made much more simple.

The average woman knows next to nothing about the clitoris because mothers impart practically no knowledge about the clitoris to their daughters. As a consequence, young women come into their maturity indifferent to or ignorant of the necessity for knowledge as to the location and function of the clitoris.

In most women the physical soundness of the clitoris is below par; therefore it does not respond as it should. The mechanics by which the clitoris becomes filled with blood, as it does under sexual excitement, and the means whereby the clitoris becomes emptied of blood, cannot proceed if the clitoris

is bound down by bands of tissue. Adhesions around the clitoris are the rule rather than the exception.

Frigidity or sexual coldness is the common complaint of married women. It is often due to lack of exposure of the glans or head of the clitoris. Nerve excitability of the clitoris is not effective unless the head of the clitoris is free to move and is not restricted in its motion by the hood of the clitoris. Nature has provided for the release of much of woman's mental and physical tension through this structure. Therefore, liberation of the head of the clitoris is vital to the well-being of the woman who would be mentally, physically and sexually sound.

Sensation from the clitoris is greatly lessened if the clitoris is covered with deposits of sticky secretion. The organ responds when the head of the clitoris is free of interfering substances. If a clitoris does not react it is often termed a "frozen" clitoris. If the clitoris is not receptive to sensation it can be revived by pressing back the bands of tissue which constrict or bind it. Once the full capacity of the clitoris has been re-established, it is essential that it be maintained in a hygienic state so that it can be made to discharge its function.

With this knowledge at his disposal, the husband

consist in mere contact. This usually calls forth profound bodily reactions which draw the married pair closer together. Then, as Mantegazza says, "one must love without any if's, and's and but's."

After husband and wife have carried out courting activities as their love forces and inclinations have directed, the husband will take note that a thin, slippery secretion issues out from the inner vaginal lips. This substance is called "precoital secretion." Nature generates liberal quantities of this lubricant and thus provides the means by which union of the male and female organs is made very easy.

The man also furnishes a lubricant which promotes the uniting of the sexual parts. This substance is formed within the canal of the penis, by two glands known as Cowper's glands. This mucoid secretion also serves to coat the lining of the penis canal so that the seed products will glide over this smooth surface without any interference.

Every now and then we meet with men who worry themselves into a state of extreme nervousness about this secretion. They make the foolish error of regarding this material as a sign of venereal disease when it is nothing of the sort. Many apprehensive husbands have been overjoyed when they have

learned that this secretion is normal and not an abnormal discharge.

Precoital secretion increases in amount as the husband continues to fondle his wife. This secretion also heightens the capacity of the wife to feel sensations more keenly. Obviously, then, the husband should wait until a sufficient quantity of precoital lubricant has been formed before he tries to make entrance.

Haste at this time is fatal to satisfactory contact. Excessively eager husbands hurry over this phase of love-making, thinking that they will not be able to maintain their sexual organ in a state of firmness for a greater length of time. This notion is absolutely wrong. The husband can keep his sexual organ in a rigid state by using emotional control. This is easily and readily accomplished by a system of proper breathing. If this procedure is correctly followed, the husband will be able to regulate the duration of contact until both husband and wife are fully and completely satisfied.

Local and general sexual tension can be held in control by proper breathing. This "trick" can be easily acquired by the husband if he will only practice it a few times. The husband can then be assured

that the penis will remain firm for a period ranging from five to twenty minutes or more. During this time all feelings of fright and incompetency will fade away.

Sexual union will be positively satisfactory if the husband will adhere to the rules and suggestions which are herein laid down, providing the sexual parts are normal. I want to stress the point that no matter how incompetent the husband feels himself to be, he can be taught how to display his virility so as to satisfy the longings of his wife and himself. Even though the husband has tried and failed innumerable times, he *can* acquire mastery in coitus.

The method which I have formulated and perfected is highly practical. It can be learned within a short time, and be effectively employed. I know of no other form of treatment which can provide this result. I can with absolute confidence assure a husband that he can acquire competence in coitus. Because of its utter simplicity, it is adaptable for any couple. It consists in training the sexual organs and mind to accept any degree of stimulation without the danger of rapid spending. Thus practically every male is ensured of a full measure of sexual capacity. In brief, this mode of sexual relationship endows

both husband and wife with the utmost in sexual capacity. Sexual tension can be relieved without experiencing any feeling of insecurity or sexual timidity.

Happiness brews out of sexual union if there is real attraction and mutual gratification. This is the keynote to success in love relationship. Sexual discord may be avoided if we banish sexual ignorance. My treatises on sexual education have removed a heavy burden from the hearts and minds of thousands throughout the world.

Proper preparation for relations will prevent the local distress so frequently complained of by wives. Playful awakening brings about certain physical and chemical changes which serve to guard against the development of local spasms or tightness of the vagina. The properly tuned body is not likely to experience any disagreeableness or pain.

A great many married women are left in mid-air during the course of the mating process. This is due to ignorance on the part of both husband and wife. Unsatisfied wives suffer a great deal of physical torture and mental distress. Some wives are very much displeased with themselves because they do not experience the climax. They think that the

iciency is wholly of their own doing and so feign
sion in order to please their husbands. Women
o put on an act of this sort do themselves a great
ustice. Pretending that one is responding to one's
sband is dangerous. It accounts for many of the
ual crack-ups in marriage. Sexual fakery leads to
rvous breakdown. If the wife will learn how to
ve of herself and will do her utmost to develop
r mate so that contact can be carried through its
oper span, she will feel buoyant in body and spirit.
Nervousness among newly married women is gen-
ally due to the lack of completion of the sexual
t. Lack of orgasm in the wife brings on a state of
ilvic congestion, followed by a state of irritability.
exual contact of sufficient duration will cure the
ife with unstrung nerves. Under all circumstances,
e husband must be taught how to delay his cli-
ax until his wife has experienced gratifying relief.

Finding the clitoris is a requisite for the husband.
This is not the simplest sort of task for the begin-
ner. Many men have been married for years with-
out even knowing that this structure existed. There
are also those who know about it but do not know
how to locate it. In coitus, this organ must be
mechanically stimulated. No enjoyment is obtaina-

ble by the female if the clitoris is not rhythmically touched by the male sexual organ. The husband must know how to awaken the clitoris. This knowledge aids him in acquiring coital control. By palpation with the finger, the husband becomes familiar with the location, size and points of sensitivity of this delicate, sensation-receiving organ. By manipulation of the clitoris and the adjacent organs, the man acquires a necessary knowledge of the female sexual parts. Also, by this form of stimulation he prepares the female as well as himself for actual union of the sexual organs.

Artful manipulation of the clitoris promotes the flow of a thin, slippery, secretion from her glands which lubricates the parts. The sensitivity of the delicate surfaces of the outer and inner lips, the clitoris and vagina is increased when bathed by the precoital secretion. A considerable quantity of this moisture must be present before the wife is properly prepared. A free flow of this secretion signifies that the wife is being raised to the proper pitch.

Manipulation of the clitoris is continued until there is a profuse flow of lubricant. It is quite important that the lower portion of the clitoris, the head or glans clitoris, which is located a short dis-

tañce inside the lips, be touched. The forefinger is directed along the clitoris until this sensitive spot is reached. Often there is some difficulty in finding this area.

If the husband does not touch the sensitive area, his wife should quietly tell him to move his finger further along. She may even guide his hand. Wives should not forget that body union is for the purpose of obtaining body harmony and progeny and there should be no hesitancy to do what they can to bring this about. A co-operative wife, by being of assistance, can help her mate unmercifully. The husband is often afraid to insert his finger to massage the clitoris and the wife can help him overcome this timidity. By practice, he becomes adept in this essential art

In certain women the preclitoral fluid is slow in forming. The fluid will not be forthcoming in wives who have an obsession about the pain associated with sexual contact. Such women may have read or heard stories about the brutality of men. Thanks are due to those who have made a study of sex psychology and have shown that woman has as much right to the pleasures of sexual contact as man, that children should be born in love, that only by teach-

ing people how sexual function should be used and they gain that satisfaction which all humans seek. displacing the childish concepts of sex, the woman can be made to see that sexual congress is a logical function.

Woman is slower than man in sexual response. There is a reason for this. If she were awakened too quickly, the love act would take but a short time and she would have no opportunity for prolonged ecstasy. Nature has so arranged it that woman will yield only when the husband proves that he possesses the proper physical and psychological characteristics. The riddle of woman in sex cannot be solved quickly. When her husband comprehends the best means for attaining acquiescence, that constitutes proof to her that he is her true spiritual and physical mate.

One difficulty the young husband often has to meet with is the lack of sufficient lubrication for proper contact. To overcome this, the husband can apply a dab of artificial lubricating jelly. Manufactured lubricant can be procured at any drug store. It is made from tragacanth. This jelly is a very close imitation of the natural lubricant of the female. It is a most satisfactory substitute if there

is insufficient natural secretion. Only a very small quantity should be used, for it is an exceedingly slippery substance.

The value of the orgasm to the female is of paramount importance. Much of the nervousness from which women suffer is due to its absence. A full and complete orgasm releases the tension within the sympathetic nervous system. To realize the importance of the release of sympathetic tension, one should be aware that the sympathetic system controls the emotional mechanism of the body.

Those who have experienced the orgasm feel a delightful sense of well-being not only immediately but for many days following. All the heaviness and "crabby" feelings of the pent-up woman evaporate when the orgasm or spending process takes place. Similar beneficial effects are noted in the husband, but for the present we are concerned with effecting perfect relaxation in the wife. An actual body change takes place the very second the wife feels the energy draining from her body. At once, the mind becomes clear and it seems as though a great weight has been removed from her body. This wave of joyous relaxation cannot be secured in any other way.

Because the orgasm is extremely vital to the wife,

I have stressed the necessity for bringing it about. Most wives do not experience it because their husbands are not possessed with the secret of emotional control. Every normal male can easily learn to acquire this capacity if he will follow, carefully, the technique which has been outlined here.

Physical union is easily achieved if the husband and wife will banish undue tension. The main difficulty is that couples who are deeply in love with one another do not stop to realize that body relationship is not a spontaneous process. It takes some time for husband and wife to come to know and understand the ways of the opposite sex. Early training leaves its traces upon the unworkably husband and wife and they are sorely perplexed because their organs do not work in perfect unison almost at their immediate command.

It is essential that the young husband and himself of the idea that sexual activity is dullness. The key to success in amorous activity is that the subjects permit themselves the opportunity to engage in playful activity. Sexual play serves to temper the body. It helps to provide the husband with his "second sexual wind." It instills a feeling of sexual strength and security. Unlearned play helps to develop mental self mastery.

Why then do young married couples fail to follow the directions of nature? Fear is the awful force which spoils the beauty of normal relationship. The vigorous husband is virtually paralyzed by fear. Our culture permits disturbing thoughts to be implanted within the mind of the husband which interfere with the sexual drive. Both husband and wife have been taught that it is improper to do this or that so that under the spell of sexual emotion they become tense and awkward.

Mental concentration is resorted to by many to correct this difficulty but it will not accomplish this purpose. Experimentation is the formula which provides success. The law of trial and error has its virtue. By enjoying sensation and by not immediately succumbing to its beckoning, the husband will find himself fully fortified. At first husbands are temporarily frightened but this state of tenseness rapidly fades away when the couple realizes that the novelty of the sensation should not be of momentary duration. Experience is the great teacher and the technique must be rehearsed time and again until perfection is reached.

The muscles of the genitalia are in part under the control of the will and can be trained to per-

cannot be developed out of one who is physically frail. The average human does not seek that which is unreasonable. But if one practices and keeps on practicing, the physical power will be developed to such an extent that the subject will be thoroughly self-confident. The husband who has been inadequate will then be endowed with a genuine resolute feeling. Sexual poise is the product of real sexual companionship.

Those who are in a sexual rut can get out of it by taking inventory of their pattern of living. Is it unrestricted? Is there real emotional freedom? To alter bad emotional habits one must concentrate one's attention on one's muscular reactions and keep practicing until perfection is attained. Training an emotion is much easier than is usually imagined. One's actions need to be deliberate. In this way the desired result can be achieved.

Practically every man's and every woman's emotional nature is subject to voluntary regulation. The intense feelings of passion can be controlled and tapped. Oddly enough, however, too many strong men feel sexually weak, not because they are actually constitutionally flabby but because they do not

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CHEMISTRY OF THE SEXUAL IMPULSE

Chapter X

Today is the wonder day in the life of man as a sexual being. Science has opened the door to the mystery of sex. The man or woman who has a sex problem because his sex glands do not function properly may consider himself blessed. In former times nothing could be done if there was a deficiency of vital gland substances. Now the sexually incapable husband and wife can look to the marvelous chemicals which scientists have developed as the great and certain source of their salvation.

Every husband and wife should be informed concerning their sexual glands and the way in which their secretions affect the various parts and organs of the body. With this knowledge at their disposal, they can readily recognize the signs and symptoms when their sexual constitution is not working properly.

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their sexual life to be snuffed out just when it
were in their sexual prime. This chapter is my effort
to prevent such needless calamity.

The modern physician knows how to help the
who are in need of assistance when their sex
glands are not working properly. Therefore, when
one recognizes that one is suffering from some dis-
ordered state because of a poorly functioning glu-
dular system, one should see one's family physician
at once.

Men are men and women are women because of
marvelous substances which circulate in their blood-
These chemical materials are known as hormones-
a word derived from the Greek, which means "to
arouse." Hormones pass from the glands direct-
ly into the blood stream. This is why the glands which
act in this way are called "glands of internal secre-
tion."

The principal internal secreting glands are, 1) the
pituitary gland which is located at the base of
the brain, 2) the thyroid and parathyroid glands
in the neck, 3) the pancreas which is attached to
the intestine, 4) the adrenals, which rest on the

kidney, 5) the ovaries in the abdomen, and 6) the testicles within the scrotum.

All of the internal secreting glands—also called endocrine glands—work together. If one gland is working below par, one or more of the other glands will secrete at double or triple its capacity to make up for the deficiency.

The name of the chemical secreted by the ovaries is "estrogen." It means "mad desire." The material secreted by the testicles is called "androgen" and refers to the manly quality.

A woman with little or no sex urge may be that way because her ovaries are not making enough estrogen to awaken her. In such cases her physician will supply her with the proper hormone. This is called replacement therapy. Millions of women owe their well-being to this powerful chemical.

During the change of life women become nervous, excitable, irritable, and easily fatigued; they have headaches, hot flushes and many other very disturbing symptoms. In the old days these women had to suffer tortures which hormone starvation induced. Such horre and buggy medicine is no longer tolerated. The woman in distress is given an adequate dosage of the proper hormone. Within a short

time, these troublesome symptoms will have disappeared.

Emotional high blood pressure often fades away under the influence of estrogenic hormones. Artificially responds to this form of treatment while all other methods fail. Dryness of the vagina usually is correctible by sufficient use of hormones.

Underdevelopment of the sexual organs can be corrected, if strenuous hormonal therapy is administered. The external and internal genitalia, as well as the breasts and pubic hair, can be made to grow. Many cases of sterility are correctible by means of treatment using hormonal substances.

In the male, we see spectacular results from the use of androgens. Many young men of the effeminate type with a high-pitched voice can be changed to virile, aggressive males with marked libido by adequate androgenic treatment.

Change of life in the male resembles in many ways the "change" in woman. Such men complain of feeling unstable. They are extremely nervous and feel tense in different parts of their bodies. There is also a tendency toward irritability. Often they become depressed and their capacity to do mental work is diminished. A series of androgenic "shots".

in addition to other therapy often helps to correct the condition.

Certain types of prostate gland disorders respond to endocrine treatment.

Cases of small genitalia have been treated most successfully with the administration of the proper hormones in adequate concentration. Excellent results in cases of undescended testicle have followed use of gonadotropic hormone.

The scientific name for the principal testicular hormone is "testosterone." It may also be used in the female to promote growth of the clitoris. Testosterone has been used successfully in certain types of impotence. Several forms of arthritis are greatly benefited by its use.

In both the male and the female the effects of the hormones in regulating the personality are dramatic.

FEMININE hygiene is tremendously important to every wife, yet very few women know how to keep their organs free of offensive odor. Kipling has said that "Smells are surer than sighs to make you heartstrings crack," and Tolstoy has remarked that "The art of being attractive absorbs more labor than the building of a transcontinental railroad. Offensive debris must be removed periodically from the genital recess. Inattention to this phase of feminine life has exacted a toll from the male. No few husbands have been infected innocently by organisms from their mate's genital tract. One of the most annoying nuisances of feminine life is the persistent presence of a profuse, heavy, whitish discharge from the vagina. This condition is known as leucorrhœa, a word which means a flow of white discharge. The normal vagina contains a slight amount of

FEMININE HYGIENE

Chapter XI

secretion. There is also a customary increase in the quantity of vaginal mucus just before and following menstruation. Emotional excitement likewise can provoke a sudden flow of mucus in the vaginal tract. Chronic pelvic congestion resulting from inadequate sexual depletion may serve as the factor in promoting a physiologic or normal discharge. Pelvic excitement without relief leads to pelvic engorgement. Frequently a state of semi-invalidism is brought on by such congestion.

Cleanliness of the female genital passage is of paramount importance to women as individuals and to women seeking attractiveness and attention. Reproduction of the human race is enacted by a process which concerns this sector of the human anatomy. Feminine charm rests to a considerable degree on woman as a sexual being. Yet a woman's genitalia often receive little of her personal concern. The area which should reflect immaculateness and cleanliness is often an area of uncleanness.

The cleansing process is easily and quickly performed. By washing the large and small lips of the tract with a pledget of cotton and a mild soapy solution, the thick secretions can be readily removed. Itching of the vaginal lips is often traceable to the

clitorine area the clitoris can be freed, and the ad-
 version gradually dissolved, thereby helping to cor-
 rect sexual indifference and incompetency. The
 "buried" or "dead" clitoris can be revived when
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clitorine area the clitoris can be freed, and the adhesion gradually dissolved, thereby helping to correct sexual indifference and incompetency. The "buried" or "dead" clitoris can be revived when one possesses the proper attitude, which consists of taking bold but scientific correctional steps. Famine morbidness can be partly dissipated by following this technique. •

sex problems of one sort or another enter into the lives of practically all married couples. One of the reasons for the many sexual conflicts which depress people is the fact that the average person has to use a concept of sex activity as an impelling force in his deprecatory attitude toward the mating instinct. In turn abuses man with a sense of unworthiness. In turn an unstable feeling of this sort causes a considerable amount of the disharmony present in marriage. The needs which nature implants within men and women are at variance with the demands which society exacts. Society alters its attitude towards the behavior of the sexes from time to time and people learn how to adjust themselves to the changing tempo of the sexual drive. Some individuals make good adjustments, some fair, while many find themselves in a nervous state as a consequence of their inability to meet the demands which the sexual force imposes on them.

SEXUAL NERVOUSNESS

Chapter XII

A considerable number of persons become physically ill because they cannot find a satisfactory means of giving vent to their sexual emotion. Many of these people are entirely unaware that they are sick of body because their love life is practically nil.

Men and women become apprehensive about their sexual life for many reasons. Some erroneously regard themselves as unusual or abnormal because they harbor ideas about sex which are different from those held by so-called normal people. Of course, such individuals do not know what constitutes "normality." They foolishly make up their own definition of "normal." Hence, if they think about anything or do anything which does not conform to their idea of the normal, they then conclude that such conduct makes them abnormal.

Such ridiculous reasoning makes sexual weak- ings out of innumerable people who do not know how to escape the fate which they have imposed on themselves.

But the question of sex and general nervousness goes much deeper than denial of a rightful sex outlet or confusion caused by regarding one's behavior as unnatural. Our society is so constituted that sex and economics are closely related. Sexual behavior

is not merely a product of a spirit force, glandular or hormonal activity, or the action of positive and negative electrons. It concerns the action and reaction, male and female, man and woman, husband and wife, provoke in one another. In addition, it consists of the behavior within society and economic forces exact from husbands and wives as individuals and as families or social units. Sexual activity, obviously then, depends not only on the attraction between the opposite sexes, but also on the material things which play a part in the lives of all couples. There is a very materialistic element in sexual relationship. It is because these factors are frequently overlooked that there arises so much misunderstanding concerning sexual relationship.

Man's sexual activity is also a product of his social relationships. In family life with its jealousies and envies, one member of a family can either knowingly or unknowingly mold or change the sexual inclination of another member. A frequent example of artificial twisting of a person's sexual inclination by another is seen in those cases in which mothers do not wish to lose the love or financial support of a son. They will do everything within their power to prevent them from finding a mate. Also, mothers have been known to develop an intensely close relation

Those who are in a constant state of concern may suffer with derangement of vital organs or parts of the body. Palpitation of the heart may be brought

the individual as too little of the worldly goods. Too much wealth unwisely spent is as injurious to terms. This conclusion is faulty and unwarranted. sexual disorders of the nervous and generative systems, money or material things bear no relationship to among industrial workers. Therefore, they say that neurosis is just as common among the wealthy as between economics and sex. They contend that sex Many people will argue that there is no relation those in the lower income group.

business are no less immune from sex neurosis than women who have been particularly successful in man, are made miserable by this malady. Men and people. Leaders of society, as well as the common affliction. It is not confined to any class or group of Nervousness of sexual origin is a wide-spread pretense one meets the basest form of selfishness.

altruistic or benevolent, but behind the screen of cry. Outwardly, their intentions may appear to be hold a fellow family member in virtual sexual slavery. By developing a strong tie of emotional bond- with a daughter so as to keep intact the family for-

about by sexual repression. Nervous colitis is a common occurrence among those who have difficulty in emotional surrender of the self.

The range of disorders produced by sexual conflict is so varied that only a few of them can be enumerated in this short treatise on the subject. Sometimes the circulatory system is affected, causing an embarrassing blush or a feeling of discharging iciness which is evidenced by the subject's complaining of cold hands and feet. Others have aches and pains, disagreeable and distressing symptoms to which is added an attitude of defeatism. It is no wonder that people with these symptoms so frequently puzzle the expert physician who attempts to find out what is wrong with them.

There is a way in which men and women who are emotionally upset may find a way out of the chaotic state which their sexual problems have created. These individuals who suffer from intense anxiety and body tenseness to the extent that "they are all tied up in knots" can learn how to unravel their tangled up lives.

To aid those who are in dire need of help so that they can quickly extricate themselves from the morass of sexual and social neurosis, I have formu-

ted a system which I term "PATTERN OF LIFE ADJUSTMENT." The term refers to the system of moulding the individual so as to enable him to readjust himself to adequately meet his needs. This mode of therapy uses a measure which facilitates the emancipation of the individual.

To banish sexual nervousness, we do not aim primarily to strengthen the mind. "PATTERN OF LIFE ADJUSTMENT" seeks to adjust the individual to a healthy and stimulating environment. It is very difficult for most people who are confused on sexual matters to realize that something is wrong with their pattern of life. Obviously, then, most individuals hold themselves accountable for their nervousness. Such people cannot realize that something is wrong not only in their world but also in the world at large. The general propaganda is to the effect that nervousness of whatever cause means that the individual has a weakness in that direction. Therefore, it is quite natural that when the individual finds himself admit he will blame himself. Much effort has been spent teaching people that the present world is too highly mechanized, with the inference that the fast pace of living accounts for many cases of "nerves." Merely to point out the

defects of our world will not help those who are weary in mind and body. It is not the fact that things are done speedily that distresses people mentally. It is the emptiness of the average person's experience that makes him ill.

An example of the practical application of "Pattern of Life Adjustment" is presented in the following case history: Mr. X complains of having evil thoughts within his mind. He states that he has a certain weakness, but he is hesitant to name it. The desire to exhibit himself in public comes over him from time to time. He knows that this act is against the law and has managed effectively to control himself. However, he admits that fear of the consequences of violating the law is what holds him in check. Whenever he reads an account in the newspapers about a culprit who has run afoul of the law, a shivering dread comes over him.

The subject is very unhappy about his odd desire and peculiar form of emotional release. He feels that in a certain sense he is abnormal and he wants to have the feeling of normality. Mr. X has tried various forms of thought control but has discovered that none of them has caused his urge to abate. A careful survey of Mr. X's private life reveals

his asocial existence. He is a true "lone wolf." Social fatherings are carefully avoided.

The value and necessity of establishing human relationships are explained to the subject. He now begins to understand why he has been focusing so much of his attention on himself and his genitalia. Without outside interests, his development has become unbalanced. Not having had what he really wants in life, he has been forced to create phantasies for himself. It is obvious that the pattern of the subject's life needs to be radically altered.

Since Mr. X has no close personal friends, he has been encouraged to develop closer personal relationships with his business friends and associates. Ultimately, he succeeded in being invited to the home of an office associate for dinner. This was a major event in his life. In taking an inventory of his experiences at the dinner party, Mr. X was struck by the colorfulness and brightness of his friend's home. By comparing each feature of his home with that of his friend's he readily understood that his house was an ideal place in which to conduct a feeling of hopelessness and dependency.

Now that Mr. X has experienced a feeling of well-being as an aftermath of his first social experiment,

he is ready to accede to a plan of action which will serve to humanize him to the fullest extent. In devising a pattern of action, the subject is made to understand that the plan is subject to daily change and variation. By introducing the element of flexibility into the plan, the subject will be able to meet any exigency. However, the individual will note to his surprise and pleasure that the course of his life turns out very different from that which he had contemplated. The new activities of Mr. X have led him away from his conservative routine but they are also leading him along the right path.

An attitude of open-mindedness on the part of the subject contributes to the successful execution of the plan. In utter amazement, the subject acknowledges the beneficial action which new environments have had on his life. This means that he realizes that matter affects his mind just as completely as his mind controls his actions.

The many brilliant social contacts which the subject has recently developed have demonstrated to him once isolationistic self that all men are of value and importance to one another. Proper social relationships have already modified the bane of the subject's nervousness.

One of the troublesome concepts which were jotted out of the subject's mind was that he was not wicked person because of his supposed aberration. He was learning to escape from his own mental slavery by discovering that after all he was a very human person.

While impulses toward exhibitionism are not uncommon, our subject is of the opinion that he is one of the very few human oddities who bear the burden of this monstrous abnormality. This argument is countered with the statement that this idea is characteristic of all persons similarly affected. This thought pleases the potential exhibitionist tremendously, since he is happy to learn that he is not the exceptional twisted human being.

This bright young man now desires to know how his unusual quirk developed. It is the opinion of the subject that he has a "crack" somewhere in his brain and as a consequence manifests his present tendencies. I then prove to the subject that influences and forces from without have tended to make him what he is and that counteracting forces from the outside world which he has developed by his individual will can restore him to normalcy.

Most people with troubles of this sort want basi-

cally to change their minds. They would rather do this than change their world. It is much easier, more practical and more efficacious to change one's environment than to renovate the mind. The outward simplicity of the therapy is deceptive. It corrects without stagecraft or the trappings of pretense.

The thought alone of having a sexual aberration tended to isolate the subject socially. His maladjustment was the penalty which nature exacted for denial of her forceful laws. Hence, by social conditioning his thoughts, actions and feelings became normal for he no longer had to create pleasant phantasies. The events of the subject's life were conducive to a state of sexual confusion. His mother forbade association with other young men and women of his age. She wanted her boy all to herself. He heard lectures on the wiles and guiles of women until he looked upon them (his mother excepted) as beings to be avoided. Yet with all of this interdiction he was strongly attracted. Hence, his urge to demonstrate and display was the drive of nature that could not be normally vented.

One small sample of sociability will by no means alter the behavior of a person whose emotional life is deflected by the fear of sexual deviation, but re-

peaked experiences of this sort will ultimately have a telling effect if the subject will use his gains and apply them in his plan of varying his life and making it what he would like it to be.

To escape the clutches of depressing associates and a dreary environment is no small task, but it can be done. The affected person must learn how to change from one style of life to a slightly changed one without too noticeable an alteration in his behavior or conduct. Those who have been educated in the tradition that you cannot change human nature are inclined to question the efficacy of this process of transition. However, if an emotionally disturbed individual will only give nature a chance and will adhere to the laws of "Pattern or Life Adjustment," his response will incline more and more to the desired type of behavior. In order to change one's pattern of life, the individual must understand his own development.

To achieve an objective in effecting a change in personality, it is necessary that the individual plan his moves somewhat in the way a chess player manipulates his pieces. In the game of life there are many variables, yet the general scheme of achievement is carried out by planned action.

Manipulation of one's life so as to overcome emotional obstacle is a scientific process. "PATTERN OF LIFE ADJUSTMENT" aids in moulding the character by a series of changes in daily deeds. In the case at hand, "PATTERN OF LIFE ADJUSTMENT" succeeds in changing the attitude of the man who was sexually deviated by arming him with an insight which enabled him to recognize sensible and rational fellow beings who would be agreeable associates. To remove oneself from the influence of dominating personalities in one's family requires the utmost tact and skill. One endeavors to revolt against the enslaving forces by unpretentious maneuvers. As the slowly pawn in the chess game portends success or failure, so the unostentatious move in altering the influence of social forces bodes either actual freedom or continual bondage by the craving of an unsocial urge.

One of the main difficulties which the actual deviant experiences in trying to integrate himself with society is that he often magnifies obvious or repellent characteristics in newly-formed acquaintances or friendships. People who are in emotional states must come to realize that no one is perfect. Everyone has defects. The cardinal rule of human

relations is not to permit the petty fault to obscure the greater virtue. One needs to be cognizant of assets as well as of liabilities.

There is nothing mysterious in the workings of "PATTERN OF LIFE ADJUSTMENT" any more than there is mystery in the ways of nature. Science is constantly striving to understand nature and does solve many of her riddles. Therefore, the transformation of an asocial being by a simple method does not discredit the scientific quality of the procedure one iota. Disengagement of one's mind is a laborious process. It is accomplished not by focusing one's energy on one's mental process but by formulating and executing new patterns of behavior, and by controlling one's environment. Hence, when the man with a compulsion neurosis consistently alters his environment, he is combating the elements which lead to sexual stress.

The real task which confronted this subject was actually to sever his ties with an unhealthy environment. Our patient, like others in similar circumstances, usually begs off from taking a radical step in the proper direction. The weak-willed subject does not want to hurt the feelings of those who are dear to him. But the man with a plan will find that

the mustering-up of courage is not too arduous an assignment. He sees every man as a potential aide. The issue at stake is plain. The subject must have freedom and he vows to make any sacrifice to attain it.

As Mr. X moves from one phase to the next, he is bound to take note of his progress. Despite the fact that every forward move is acquired as a result of much friction, it is still a gain.

In this presentation of "PATTERN OF LIFE ADJUSTMENT," one is prone to ask the question: Why choose as an example the relatively infrequent deviation of exhibitionism? True, the statistical frequency of this malady is not great. However, many people do suffer from the fear that in some respects they vary or differ from the norm. "PATTERN OF LIFE ADJUSTMENT" demonstrates that this science of human moulding is applicable to the usual run of secret apprehensions. The common man can put its principles into operation and can effect a desired result. Because of the apparent simplicity of the technique of "PATTERN OF LIFE ADJUSTMENT," it does not follow that its execution is easy. One must not only understand the nature of evil processes, but one must be able also to fight them effectively. Wishing,

reaching or hoping will not satisfy. To attain one's ideal in any emotional upheaval, one must struggle. Any personal and social adjustments are necessary. After the subject has seen that family closeness is or an assurance of emotional security, he may ask how he can fill the void created by its lack. The individual who has begun to sever his ties with strong emotional attachments will usually find himself by associating or identifying himself with organizations whose purpose serves to advance social welfare. Thus, when a socially isolated person becomes matched to a social group, he discovers that the tops offered by such association are very satisfying. Consciously or unconsciously this move helps to transform the man who once was emotionally bewildered. Thus, by positive action and not by any system of escapism, we divert the energies of the subject in the proper direction. The man with the exhibitionistic leanings accordingly changes, and, what is more, he recognizes it and is happy.

As the subject's associations widen, the opportunities to meet people and form acquaintances and friendships increase. This eases the social problem of the once tormented individual, for he now has become identified with a group and no longer is given

to meddling with his mental processes. His feeling of social insecurity have been replaced by a tremendous increase in his self-respect. He now regards himself as a normal being and no longer challenges himself.

In the moulding of the individual in question, he was not asked to accept any series of rigid dogmatic rules. Anyone with a modicum of good judgment can follow his own formulated plan.

Thus far, I have said little about the economic problems which usually complicate social integration. Those dependent on the subject's support or assistance usually do their utmost to stall a family member's progress. This conflict leads to a family crisis which must be assuaged or tempered by softening the economic blow.

But what about the emotionally distressed person who is perfectly adjusted to society? How may such an individual be handled? The answer is that no individual with proper social balance is apt to acquire any such anomaly.

As the number of social relationships increases in the world of the sexually immature subject enlarges, he now meets more women and begins to take a natural attitude toward them. No longer does he

regard them as unapproachable or untouchable. He begins to understand what has been wrong with his early training. His parents never allowed any discussion of sexual matters in the course of conversation. Most of their references to sex concerned the theme, "the penalty of sin." The more the subject was of women, the more he realizes that there is nothing about them that would permit anyone to classify them as super-beings. Their function is to act as man's mate and to reproduce their kind. Woman and man as a unit represent the unification of opposites.

All the while the subject under consideration is growing into sexual maturity, the pattern of his life is constantly changing. His thoughts and actions are not questioned by himself to the extent that he tries to rid himself of sex-appealing phantasies. Now, he no longer requires the phantasy and therefore does not have to battle with himself. Since he has actually become a social unit, he feels himself to be just like other men. We can say that the subject cured himself by becoming a functioning agent in a constructive social group.

It should be noted "Pattern of Life Adjustment" makes use of all the moulding factors of ourselves

and our environment to achieve the proper development of an individual. One conclusion is inescapable, and that is that people are remarkable in their effects on one another. That ordinary human beings can, through the medium of social relationships, transform the man who regarded himself as incurable into a new, energetic, courageous and balanced personality, is beyond the ken of most people. Yes, this fact needs to be reiterated time and again. The common man has within him the factors which can set aright those who are completely discouraged with themselves.

Economic forces also serve to develop a balanced state of mind. "PATTERN OF LIFE ADJUSTMENT" set man as being in a state of constant tension between himself, his fellow beings, and all the material forces of nature. Mind and matter are not two separate and distinct entities. Psychic or mental activity is a consequence of material change and therefore it is obvious that mind and matter are closely related. In the moulding of our emotionalized and improperly oriented subject, every possible factor, whether psychic, material or social, was explored. In the last analysis we can observe that most of those who are emotional slaves are also the subjects of exploitation by some very near and dear relative or friend.

Investigation of the emotional attachments of Mr. T disclosed a very innocent but overly close relationship between the subject and his mother. They were equals. But his mother saw to it that the affection ran deeper and deeper until he would look at no other woman. So cleverly curtailed were the movements of this sensitive young man that he found it necessary to resort to phantasies because of imposed restrictions.

The laws of "PATTERN OF LIFE ADJUSTMENT" permeate every field of medicine, of life and all that happens within this world. Emotional derelicts can be salvaged. New men and women can be recreated from this human wreckage. This can be done without resorting in any way to mystical procedure. To rebuild personalities that have been damaged or shattered is one of its most beneficent functions. A new and better culture must arise from modern society and "PATTERN OF LIFE ADJUSTMENT" can greatly accelerate that task.

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MODERN SEX LIFE

CASE REPORTS

Chapter XIII

CASE REPORTS

SEXUAL REGULATION OF A PHILOSOPHER

Case Report

Mr. E. X., age 39, who is exceedingly brilliant in his studies, has decided that he can write a treatise that will solve all the problems of mankind. He has given up a good position so that he can devote his entire time to writing his great opus. However, there is one obstacle which hinders him. He is suffering from a devastating ailment of the heart. His vitality is far below standard and this sad state of affairs puzzles him greatly.

Past history discloses occasional masturbation. He believes that he has spermatorrhoea because he notices a seepage when straining at the stool. Mr. E. X. is a man of slight stature, but he has had the misfortune of falling in love with a large and powerful type of woman—a veritable Amazon.

This highly sensitive subject has no confidence in himself. He has always believed that masturbation was a dangerous habit. The subject has read many medical

book on sexual physiology and as a consequence is confused on the physiology of erection. Most of the ideas which this expert on philosophy holds in the matter of sexual physiology are erroneous. More than a month was required to put this fellow aright. When he was made to realize that his theory of life and love and sexuality all rested on an idealistic basis, he decided to give up his task of correcting world sickness. He then enlisted in the Army, where he said that he would learn more about life than he could from theorizing. Several letters received from him have convinced me that he has grown up and that his neurosis has vanished.

MENOPAUSAL NEUROSIS

Case Report

Lack of ovarian secretion during the change of life period often is the fundamental cause of a severe emotional upset. This period of panic can be readily controlled by the administration of ovarian hormone and by adopting a suitable plan of life.

This case concerns a highly intelligent woman who had become very nervous during the first year of her menopause. She had received a few "shots" of hormone but these did not seem to help her. Principally, she complained of being "everlastingly tired." She was fatigued when she went to bed and when she arose. But these com-

plaints were not the primary reason why she sought help. Her husband was greatly upset about her mental state. During her fits of temper, she would chase her husband and her servants out of her room. Then she would lock herself in her room for a day or more. After such spells she would come to breakfast as though nothing unusual had happened and begin her day as she always had done. The life story of this woman was full of dramatic episodes. She was a human dynamo. Her earnings from her writings were considerable. Two successful businesses owe their inception to her uncanny business acumen. Besides this she ran a large household. Strangely enough, it was not necessary that she drive herself the way she did, for she had an independent income. One of her greatest delights was to earn a great deal of money.

I indicated to the woman that in spite of her financial transactions she was not doing particularly well in mastering the complications of "the change." She admitted that the whole thing was too much for her. Being a manish type of woman, she regarded the menopause as an absolute nuisance. The sum and substance of her argument was that there shouldn't be such a thing. Be that as it may, I told her that she would have to slacken her pace. Though she loved business for the money that was to be made in it, she also loved power just as much. The right to order people about was her secret ambition. Her ego expanded a few degrees every time she succeeded in

getting better effected as precedent of this or that Big Sister and Sister Business Association. In addition to her business interest she was a member of various charity organizations and looked for the improvement of mankind. To curb her lust for leadership, physicians had advised her to adopt a policy of relaxation, but this determined woman would not hear of such nonsense.

The therapy which I adopted in adjusting this difficult type of personality consisted of administering heavy injections of hormone until the necessary blood level of the hormone was established. After that the injections were given at longer intervals. Practically all of the disagreeable features of the change were arrested within a few weeks. After the tremendous chemical improvement was clearly evident to the subject, I then pointed out to her that she had best change her way of life. She had brushed aside the love which her husband wanted and tried to become on her, for the satisfaction of being the "big shot" in her social and business world. She was made to see that her greed for financial, political and social power was in conflict with the laws of society and nature. It was a bitter pill for her to swallow when informed that it would be best for all concerned if she renounced the profit motive in her daily life for a more graceful type of social living.

Another element had served to keep this woman in an agitated state. Her son was being groomed for the concert stage and she spent much time and money in furthering

his ambition. "The apple of her eye"—her son—clapped and married a very practical woman who had prevailed upon him to renounce the stage and go into business. This was a devastating blow to the proud dowerer.

As one disappointing blow after another fell on her, she began to realize that after all she was not going to be the ruler of her domain forever. Also, she took cognizance of the fact that she was not made of iron and that others too were entitled to their place in the sun. Her activities were shifted from selfish endeavors to welfare work. This course did much to settle her. Her husband states that she no longer has tantrums nor does she scream at her maids. He cannot understand just what did the trick but insists that she has become an ideal wife. Undoubtedly the hormone therapy quieted her and kept her from becoming unbalanced, while the adjustment of her plan of life moulded her into a kindly and human person.

TO UNDERSTAND ALL IS TO FORGIVE ALL

Case Report

That men do not hold an everlasting grudge against the source of their infection is illustrated in the following case:

A young man presented himself for treatment of a recently contracted venereal disease. He came to me prior

"The absence of the wife during the absence of the husband was not a simple matter. However, back with me and the first time I saw her, after the had been with me, she confessed that she had committed the sin of fornication. She said that she was the best friend to her husband and she was much distressed and said that she had been doing her utmost. She said she was that she was not a fornicator, which she did."

After the patient had been cured of her infection, her husband said that his confidence had wavered that he would never see her again.

About a year later the patient and her friend returned to a general examination. Love had replaced the feeling of hate. Then the couple invited me to attend their wedding. They were extremely happy and thanked me for all that I had done. They now have two lovely children and are an ideal couple.

THE STORY OF A MAN WHO RECOVERED HIMSELF AS ABNORMAL BY WHO IN REALITY WAS VERY NORMAL

CASE REPORT

Mr. D. P., age 33, has been in a confused state for some time. He is of the opinion that he has improper inclinations and is most fearful that he will not be able to fall in love with a member of the opposite sex. This incorrect

deduction was made as a consequence of a vow he once took that he would never again place faith in a woman because of an unsuccessful romantic episode. Now he has become enamored of a very attractive young lady but fears that he will fail in his endeavors because of his bitter resentment of the feminine sex. His history discloses the information that he has never had any unilateral attachments.

Everything about this man's home environment was conducive toward making him a sexual misfit. His home life was extremely depressing and not contributory toward a healthy viewpoint, particularly regarding conductal relations. At dinner his parents rarely, if ever, exchanged a word of conversation. The home atmosphere was one of tenseness and unfriendliness. Visitors were rarely received in their household. All of his father's brothers, six in number, are bachelors. It is evident that all six of these cold, stern, woman-hating men have left their impression on the patient. They are most asocial and have a melancholic disposition.

The subject came to Chicago and asked me to help him get rid of his malady. His dynamic personality was irresistible and he found an excellent position within a short time. His residence at a leading hotel enabled him to make excellent social contacts quickly. This sort of life was entirely new to him, and within a brief period he began to feel normal. His musings concerning himself

gradually began to diminish. A general feeling of well-being now has made its presence known. Confidence in himself mounts from day to day. He states that he has acquired the feeling of manliness in every sense of the word. Women flock around him and crave his companionship. However, he has remained true to the girl back home. After a month's stay in Chicago, he left to visit his sweetheart. About two weeks later he returned to tell me that he was engaged. Knowing that he was quite all right in every way, he dissolved his business connections and returned to claim the woman who had been destined to save him from a life of drabness.

Postscript. Now this couple have a son. They have a lovely home and a host of friends. Alvin permeates their house. The moral of this story is that a little bad thinking, plus an adverse environment, can ruin the life of anyone.

A CONCERT ARTIST WHO ALMOST LOST HER VOICE

Case Report

A vocalist of tremendous and recognized attainments in the professional world complains of general nervousness and tightness in her throat. While singing, she is frequently driven into a state of panic, for she fears that she will choke and thus be unable to give full and proper expression in her singing. She has made a "hit" on the concert stage but now fears that her voice will be im-

parted just when her greatest opportunity is presenting itself.

The patient is not only concerned with her well-being but feels that she owes a great debt to her parents who made great sacrifices and spent considerable sums in securing that she had all opportunities in the musical field. If illness overtakes her, she will be obliged to stop giving her parents the money due them. This worries her almost to a state of panic.

A survey of her private life disclosed many conflicts. Besides being an accomplished singer, she was extremely beautiful and possessed a captivating charm. Combinations of this sort are rare in one person. What is more, the lady knows that she is "top" as far as the quality of voice is concerned. In her path of glorious ascent to the pinnacle of stardom, she left many broken hearts and sorrowful lovers. Now, on taking inventory of her life, she sees that she will have to give up the pastime of letting men dangle.

Through some strange chain of circumstances she fell madly in love with a married man who was so attached to that divorce and remarriage were out of the question. She took cognizance of the fact that her one and only aim was to sing superbly. Taking hold of herself, she made up her mind not to let a married man prove to be the cause of her undoing. Once having made her decision, she transformed into a new person. Her voice

attained a rare quality which it had never possessed before. The sounds we emitted by the sweet will went off far more, but only a few knew that this expression was born out of a great experience.

She fell in love with an eligible man who knows how to nurture to her enjoyment. The magical quality of love had waned a bit.

READ OF THE CONSEQUENCES OF VIBRATION IN MAGNETISM AND SEXUAL APTITUDE DEMONSTRATION ON STATE OF TRISTITY

Care Report

When a perfect physical specimen of manhood seeks help because of the fear that he may have damaged his genitalia by masturbation, we have cause to be suspicious concerning his psychic health and stability. Such was the circumstance in the case which I am about to relate.

The subject was the type of man one sees portrayed as the strong man in physical culture magazines. He possessed everything in the way of physique that any mature male might yearn for. His great height, broad shoulders, extraordinary muscular development and handsome appearance, gave me the impression that physically he was representative of the ideal American man. Yet, despite all these virtues, he was a timid person when the subject of sex was mentioned.

His story had all the elements which go to make

up a dramatic romance. While driving home with his "date" his car collided with another vehicle and both he and his friend were severely injured. Through this chain of circumstances his friendship grew into love and after a brief courtship he became engaged. Since the date of the wedding had been set, he wanted to make sure that all was well with himself. Several things bothered this ex-football star. He wanted my opinion as to whether his indulgence in self-abuse had injured his vital capacity. Also, he was quite concerned about the extreme reserve of his girl in the matter of necking or petting. Instead of devoting some time to love-making, she preferred to drink liquor. It was her theory that alcohol gave one a better opportunity for a realization of the beauties of the friendship bond.

As to his manly qualifications, I gave this athlete my assurance that he was normal in every way. However, I did warn him that he was not being united with one who possessed any degree of natural warth.

Within a short time, the social event of the season was celebrated in lavish style. Their honeymoon included a trip to the South Seas. As soon as the groom returned to Chicago he telephoned and said that he would like to see me at once. With tears in his eyes he related a most pathetic tale. The behavior of the bride throughout the trip was most unusual. She begged off having contact on several grounds. To top it off she

said that such relations were improper in their case for their love was above such commonplace activity. The husband (in name only) declared that he believed the whole affair to be "fishy" but he did not know what to make of it.

One night, shortly after the couple's return, the bride complained of an excruciating pain in her upper abdomen. A physician was called and he sent the patient to the hospital in an ambulance. Her physician diagnosed her condition as peptic or duodenal ulcer and advised rest in bed for a period of six weeks. During the period of her hospitalization the young husband was most attentive, though he worried considerably about the outcome. After her discharge from the hospital her physician sent her to a fashionable resort in Mexico so that she could recuperate. After she had been away for three months her husband asked what I made of the whole affair. "The answer is simple," I replied. "It is evident that she does not like marriage or men."

This estimate of her state of mind and her physical condition proved to be correct. Shortly afterward the husband received a letter from Mexico in which she confessed the nature of her malady and asked that the marriage be voided. This was subsequently done. The husband was very much depressed but later he began to see how fortunate he had been in that otherwise he would have been continuously miserable.

Several months passed and the subject consulted me again. He said that he felt like a lost soul. I suggested a vacation at a resort where he would have ample opportunity for exercise and fishing. This time the fates were kinder to the man who had been unaware of such things as sexual aberrations. At this ideal resort he met a very wholesome young lady. Subsequently, they were married and now he has a family.

In reviewing this case several very illuminating points are brought to light. His first wife "roped" in the subject so that she might blot out her unsavory past. However, she could not bring herself to assume the regular sexual role when the opportunity presented itself.

It is difficult to comprehend how a man who had graduated from a large university could be so unworlily as this person was. Nonetheless, such was the case. He knew next to nothing about abnormal psychology and as a consequence had to pay a rather high price for his sexual education in such matters.

The intense concern and worry which he displayed about the harm which might have come to him as a consequence of youthful indulgence in the solitary folly was merely a cover-up for his actual timidity and apprehensiveness. He used this avenue for obtaining sexual information. By the intervention of the hand of nature he finally pulled himself out of this phase of sexual immaturity. Thanks indeed, are due his very prudent wife

who helped him gain confidence and become a wife husband.

FAVORITE VERBS

Case Report

A vigorous young man consulted me about his lack of sexual virility. He could not understand why this fate should befall him. His college classmates had voted him the one most likely to succeed in life. Now, he regarded that honor as a joke. This aggressive representative of modern youth stated that he felt like an animal who had been caught in a trap. He chuckled good-naturedly as he told the story of how his fraternity brothers had looked upon him as the "Idol of Womankind." "Just goes to show that you can't pick a winner by his looks," was his tart comment.

Here was quite an enigma. A fiery, well-mannered young man who handled himself well, on and off the college campus, suddenly declares himself to be a sexual "dud." "Some of my friends nicknamed me the 'ball of dynamite,' but I'm just another guy named Joe," was the way he summed up his case. He had hardly ventured onto the sea of life, yet he considered himself a failure and, what was worse, a sexual nonentity.

Investigative study of his life situation uncovered some pertinent and interesting facts. The subject had married

improved. His sexual ardor was increased appreciably. Besides these effects, he began to take great pride in his business accomplishments. He introduced modern ideas into his organization and showed spectacular profits. The father, who had once regarded his son as a competitor, now began to regard him as a business associate. He ceased trying to lord it over his son because he had the advantage of thirty years of experience. Family quarrels were now a thing of the past. What is more, the son no longer suffers from sexual fright. Both he and his wife are extremely happy, the more so because of the birth of a daughter. This case is an excellent illustration of how environment adjustment may solve a sexual problem.

In analyzing this case, we see that there were two factors which contributed to the son's sexual undoing. The quest for power was essentially the crux of the matter. Economic security was the idea which had always guided the father. Money to him outweighed all other considerations in life. Certainly, the father did not wish to place assets which had been accumulated over a period of years in the hands of a young collegiate. However, once the father recognized the son as being a person of economic stability, he ceased to batter down his son's emotional reserve.

A strong emotional tie also existed between father and son. The son at length became weary of being his father's

day and so staged a bloodless though profitable revolution. Love drew the father and son together and hate made them enemies. Nature, however, triumphed over both.

SEXUAL TENDENCY

Case Report

A young man, age 29, college graduate, requested a series of hormone injections. He had read in the newspaper an account of a new glandular extract which was reputed to have extraordinary qualities. It was claimed that this substance could instill new life in the worn-out and sexually decrepit male. Since he regarded himself as a sexual weakling he felt sure that this new scientific discovery would revive him and imbue him with great power.

There was nothing about the queer way or manner of this well-developed, handsome-appearing man to denote that he suffered from any lack of vital secretion. Therefore, his history was searched so that the cause of his sexual weakness could be found. A survey of his life disclosed that he had been timid and bashful ever since he could remember.

Further investigative study of the supposedly impotent subject uncovered the fact that his family background was most unfavorable to his welfare. His parents were

comes to experiencing a thrill, why, that's another matter." As soon as she had finished with this outspoken declaration she seemed to slump in spirit and body. She admitted that a blank feeling took hold of her whenever her husband made love to her. For some time she deduced her husband and feigned emotional enthusiasm just to please him. At last, however, the strain of pretending was too much for her to bear. She could not continue to fake this fine emotion and confessed her plight to her husband. Now she says that she wishes to be honest with herself and husband and desires to be helped to overcome her emotional sickness.

Besides this annoying state of unresponsiveness, she has another worry which will not give her any peace of mind. She has day dreams. Try as she will she cannot control her thoughts. Impure images insist on entering her mind. After she has rid herself of one thought picture another immediately replaces it. The phantasies which perplex her are those which are created about the person she has known. The phantasy usually concerns some male who in her day dream assumes the role of a husband. Oftentimes she envisions some particularly pleasing subject in the role of a lover. This type of reverie goes on and on. Hence, when the time presents itself for her to concentrate on her real husband, she finds her mind wandering and she thinks about other men. Then she will try in earnest to banish these images from her

consciousness. A mental battle ensues and as soon as the other subject will suddenly introduce itself into the scene. This so discourages her that she finds herself in a nervous state.

What this woman desires is a new lease on her emotional life. She wants to know how she can get rid of the men who molest her in her day dreams. Of course, the woman's wishes cannot be gratified by any magic word or phrase. Her main need is to recognize the basis for emotional honesty and sincerity. Having agreed that she will pursue this path, a plan of living was formulated that would do away with all idle time. She engaged her entire activity in a type of work which brought her recognition as well as financial return. In the meantime she is taught to think in an adult way. Also, she is schooled in scientific logic. Thus she is moulded into an emotionally balanced individual. By adhering to these simple principles, the woman gained emotional stability and also acquired the feeling which is associated with sexual maturity.

SEXUAL FREIGHT

Case Report

A newspaper reporter, age 30, states that he has little or no libido. He is engaged to a charming young lady

in the same line of work. He does not know what to do. He is tempted to step out of the picture and has told his girl that he contemplates this move. The main topic of worry which has given the subject the idea that he is sexually subnormal is the fact that he indulges in masturbation. He has evidently heard too many lectures on the harm resulting from self-abuse.

A survey of this man's life unfolds a series of incidents all of which created a state of intense sexual alarm. The trouble dated from the time his biology teacher took all the boys of his classroom to the zoo and told them to look at the wizened appearance of the monkeys. This unwise educator then informed his pupils that the monkeys were guilty of unhealthy practices (masturbation) and suffered as a consequence thereof. Human beings, he inferred, would also fall ill of similar undermining ailments if they did likewise. That story has ever remained in the mind of the subject and he is still frightened by it. Though this reporter is in a certain restricted sense a worldly person, he is certainly a juvenile as far as sexual affairs are concerned.

In the course of conversation the subject stated that he would like to have me talk to his girl friend. This suggestion was taken up and the young lady telephoned for an appointment.

I was amazed to greet a most vivacious and aggressive young lady. She was smart, bright and a fine specimen of

womanhood. "Doctor! Just what is wrong with Jack?" was her opening query. "He seems so distant of late. Tell me, Doctor, how I can help? I do love him. I want to play a part in his recovery if it is within my power to do so." "For one thing," I said, "Jack takes himself and life in general too seriously. He wants to evaluate everything according to his system of logic. He looks at life today as he did fifteen years ago. Things have changed a great deal since that time though Jack is still the same idealist he was then."

"I believe I understand what you are driving at," was her reply, "and I'm going to do a good job of being your assistant."

The old saying that one should never underestimate the power of a woman was certainly apropos in this instance. This girl did everything "according to Hoyle." She was a master psychologist and diplomat. Jack was gradually awakening to the fact that he was living in a very real world.

Within the space of several weeks Jack had acquired a dynamic personality. He even gained enough nerve to ask for a better position, which he succeeded in getting. As a consequence of his boost in salary Jack was able to set the date for the wedding.

The simple truth was that Jack began to see life as he had never seen it before. He now recognized what an awful fool he had been to have fallen for the frighten-

ing piece of propaganda which his high school teacher had worked on a group of impressionable lads. Now that he had thrown off this burden he became a free man and came to realize that he was a real "he-man" if he would just let himself go and not resist the will of nature. I gave Jack the assurance that no harm had come to his sexual organs. All in all, it must be granted that the subject was smart enough to recognize his own deficiency and to call upon his sweetheart to pull him out of the difficulty. Within several months the marriage ceremony was performed. This couple have kept in touch with me over a period of years. Now they have a family and are thoroughly enjoying life. Needless to say the subject has entirely forgotten the unpleasant episode of his romantic days.

URINARY NEURITIS

Case Report

A young man, age 28, married, with three children, complained of insomnia which is so severe that he feels tired most of the time. Also, he is extremely nervous and "jittery." In addition to these general disturbances he is bothered by an intense spasm around the neck of his bladder. Despite the fact that the subject is very much disturbed by these manifestations of disordered "nerves,"

He states that life has become a living hell to him. The mere mention of the word "food" causes him to experience an intense nausea. Loss of weight has been so marked that the patient is worried that he might have T. B."

After a bit of casual conversation and questioning, succeeded in uncovering the main thing which caused his fine-appearing person to be so apprehensive. An odd sort of fear had taken a prominent place in his mind. It was obsessed with the thought that he was doomed to failure because he frequently had difficulty in urinating while in the presence of other men.

The circumstances relative to the present plight of the patient were as follows. He had been a member of the Army Reserve Corps for several years and now was about to be examined for a higher commission. This would necessitate his undergoing a physical examination which includes a urinary test. It was this particular part of the examination which the "nervous attack" decided. He was of the opinion that when the examining doctor would ask him to void that he would be struck with fright and consequently would not be able to furnish the necessary specimen. Hence he concluded that the examiner would adjudge him a psychopath. This diagnosis would immediately disqualify him for military service. Then he thought that all of his friends and business associates would learn the reason

void. The excitement of the circus and the long wait for he could find induced a spasm of the bladder and I have who were standing behind him were laughing impatient. Finally, one great voice bellowed out, "What the matter, young fellow? Can't you do anything? Why don't you give somebody else a chance?" This hebbled no convinced him that he was frightened out of his wits. From that day on, he was never able to void in the presence of other individuals. At times, he was made miserable because of this handicap. His existence became intolerable when he found himself in the presence of other while voiding. Often he would make off as though he were actually voiding and later on seek out a toilet where he would be assured of privacy. If this was not practicable he would be obliged to wait until all the others had left. He said, "You can't imagine what this means to me, Doctor. Now, at last, I have been freed from the devil's yoke. I am enjoying life as never before."

Care Report

THE POWER OF THE SEXUAL IMPULS IS INDIVISIBLE

An unmarried woman in her early thirties sought advice as to whether her genital organs were in normal condition. She had contemplated matrimony but was hesitant to make the move because a "girl friend" had cautioned her against this venture. Her lady companion had

and confident was opposed to her taking this step because she had been married and her venture had proved to be most unsatisfactory. Other reasons against the marriage were advanced by her friend but all of them were backed. It was evident that her feminine adviser felt that she would lose her very best friend when she married.

A study of the subject's family life brought to light some very novel data. There were seven girls in the family and none of them had ever been married. The underlying reason why none of these girls ever married was to be found in the attitude of the paternal father. He was opposed to every form of amusement for his daughters. Hence, young men stayed away from this household and as a result none of his daughters was asked to enter the state of matrimony. However, when finally softened this old hater of jollity and he lost his grip on his daughters. One of them, the subject of this case, finally was determined to have some fun and began to frequent a bowling alley. There she met a boy friend who asked her to marry him.

At this stage of love's game, the green-eyed monster—jealousy—covered the picture. Her friend said that it was unwise for her to marry for the reason that her sex organs were in all likelihood in an abnormal state. This statement so disturbed the subject that she came to have the truth or falseness of this opinion verified.

means of her wiles and otherwise, she had succeeded in deluding into the story of this great artist's life I the statement which I could not ignore. "I cannot stand to disappoint my audience, something be done to correct this state of sexual in- the sexual drive in his makeup. He therefore issued t and contends that he cannot execute his art with- tain distressing ideas. He believes that he is im- generous, he states that he has been overwhelmed aggerment. Though the terms of his contract are s of recitals informs me that he is unable to fulfill mous musician who has been billed to appear for

Case Report

VARIOUS BREAKDOWN
IN SEX FACTOR WHICH ALMOST CAUSED A COMPLETE

very plain that here was a case of a woman
ual fixation on the subject and wanted her affec-
o herself. However, nature asserted herself and
romise of a virile type of love proved stronger
sterile and vapid affection of another woman.
ject and her boy friend passed their marriage
h honors and the knot was tied by a civil magis-

a converting this internationally known and highly acclaimed musician to a literal belief in the doctrines of Janie. She advocated the viewpoint that Dante's poetry should serve as the inspirational guide to all thinking men and women. Unquestionably the subject's lady friend had done an excellent job in "selling" this highly emotional subject her unusual creed.

Physical examination disclosed no lesion of the generative parts. After piecing together all the pertinent facts in the case it became clear that here was a case of psychic impotence which was being utilized for some ulterior or sinister purpose. I then began to prove to this all-believing and gullible male that he was being "taken for a ride" by a designing vampire. It was evident that his mistress was not so understanding her "blind disciple." The method of her madness very likely was based on the premise that a sexually frustrated man was much easier to handle than a man of determined action.

After five hours of heated discussion, the light began to dawn on this once susceptible individual. My debunking process produced immediate results. The concert went on as scheduled and the musician has subsequently displayed his gratitude in every possible manner.

wider. One day, in a moment of poetic reflection, he said, "Now I can understand the meaning of the phrase, 'What fools these mortals be.'" His self-confidence continued to mount with his new experience. Now he was ready for the next move. He confronted his wife with incontrovertible facts. Now, he had decided to call a halt on all her schemes. The wife recognized that her husband was no longer a weakling. Without mincing words he accused her of debasing him emotionally. Seeing that her husband was not the former weak and docile being, she asked for the chance to right the wrong she had perpetrated. With a complete about-face, the honorably set upon the mission of recapturing her spouse's love. She gave up her charism school and became a wife in every sense of the word. No longer did she sow the seeds of inferiority within the mind of her male. She ceased conducting herself in a manner which made him feel incompetent. The premature which he had experienced now disappeared. He had learned the art of self-control by applying the proper sexual technique. His sexual capacity became normal by dissipating his fears and frights and by acquiring a feeling of emotional security where formerly there were only feelings of insecurity.

One day, in a moment of quiet reflection, he said, "I can understand the meaning of the phrase, 'at first these were mortals' but I do not understand the meaning of the phrase, 'at last these were mortals'." This self-confidence continued to mount with his new experience. Now he was ready for the next move. He confronted his wife with an invincible face. Now, he had decided to call a halt to her schemes. The wife recognized that her husband was no longer a weakling. Without making words, he accused her of debasing him criminally. Recognizing that her husband was not the former weak and feeble being, she asked for the chance to right the wrong she had perpetrated. With a complete about-face, the husband set upon the mission of recapturing her spouse. She gave up her chaste school and became a wife every sense of the word. No longer did the lowly words of inferiority within the mind of her male. She ceased conducting herself in a manner which made him feel incompetent. The presumption which he had expected now disappeared. He had learned the art of self-control by applying the proper sexual technique. His sexual capacity became normal by dispelling his fears and doubts and by acquiring a feeling of emotional security where formerly there were only feelings of insecurity.

SEXUAL FAULT

Case Report

My introduction to this case consisted of a preliminary oration by a mutual friend who extolled the business acumen of the prospective patient. On meeting the subject, a fine-appearing man of forty, I was somewhat amazed to learn that he became fatigued, which progressed to a state of weakness, when in feminine company. An excellent diagnostician had examined him thoroughly but could find nothing to explain the cause of these unusual symptoms.

As the subject told his story I learned that he experienced shortness of breath and extreme weakness only at particular times and in certain places. In order to give me an accurate picture of the manner in which his symptoms arose, he described the way in which he spent his week-ends, for it was at these times when weakness overtook him. Each Sunday morning a group of four couples would motor out into the country and select a good camping site. Then they would hike for an hour or two. After they had worked up a good appetite they would broil steaks and drink beer. With their lunch finished, they would sing, tell stories and then depart for home.

However, during these week-ends the subject will

tered many intolerable moments. After the half-hour's wait while he lay down to catch his breath and regain his strength, his friends would often "kid" him. It was this teasing that he could not endure.

On questioning the subject as to the nature of these periodic episodes when breathing became difficult, he confessed that in reality they were accompanied by feelings of intense fright. During these moments he questioned his sexual qualifications. Actually, he had fallen in love with a young lady member of the party and feared the eventualities should the question of marriage arise. Further light on this mysterious case was furnished by investigating the features of his home life. He disliked his home very much, for it was situated in a shabby part of the city. His aged parents lived with him, and they were reluctant to change their quarters. There were other things about the home life of the successful merchant which displeased him. Whenever he went out for the evening his parents would wait up for him. This over-solicitude irked him greatly. He would leave parties early so as not to keep his parents awake. Such parental devotion angered the subject, who deeply resented the interfering attitude of his elders. He wanted to escape from the old people but did not know how to do so gracefully.

As the subject unfolded his story, it became clear that

his parents had done and were doing everything possible to hinder any matrimonial venture on their son's part. While the subject partly recognized their motive, he did not regard it as pure selfishness. That, in essence, was what it was. The subject defended his half-brother's attitude on the grounds that he did not wish to hurt the feelings of his dad and mother. At this late date, the subject in taking stock of himself began to realize that the price of his parental devotion was being exacted at a sacrifice of his emotional activities. His sexual fight was a by-product of too much maternal affection which precluded nature from taking her course via the path of romance.

To overcome his disabling fatigue when out with feminine company, the subject saw that it would be necessary for him to loosen the parental tie without breaking his parents' hearts. This was accomplished in a rather ingenious way. He rented a large cottage in the country for the summer and invited his friends for week-end parties. Not once during the entire summer was he annoyed by fatigue, shortness of breath, feelings of inadequacy or sexual fight. His being established in a home of his own he felt as though he had been reborn. One the subject cut the knot of the tie which had held him in bondage, he gained enough courage to take the essential step. The charming young lady whose love he had enjoyed while on the way to matrimony became his

was not good enough for her boy friend. Both are anxious to get married, but have grave doubts about their capacities to truly love each other.

Both boy and girl are abysmally ignorant concerning love, life and sex. They have the story book idea of the perfect romance. She thinks that because she permitted another boy to hold her hand her character is besmudged and spends her time thinking about her transgression.

The young would-be lover is frightened because he suffers from the fairy tale that the damp climate of Italy has had an injurious effect on his prostate gland. Despite the fact that he has had college work and has been in the Army, he still believes in sexual fables. A professor told him that when the prostate gland is gone, the man is sexually disabled. He therefore reasons that he is incurable.

Treatment consisted of proving to him how nonsensical were his ideas of sexual physiology. I then outlined a course of procedure so that nature might be permitted to take her course.

Within a short time the efficaciousness of the therapy was confirmed by the smiles of the girl who just a few days previously nearly condemned herself to an unhappy life.

GREAT INFERTILITY

Case Report

One of the silliest beliefs in American folklore is the idea subscribed to by the adult male that a genital organ is inadequate if it is under normal dimensions. Legions of men suffer throughout their lives with feelings of inferiority because they believe that nature has built them too small. The following case history illustrates the damage which may be done by making facetious remarks about a spouse's genitals which are not noticeably prominent.

Mr. X, 29 years of age, is married and has a family. He is depressed and thinks that he has lost his sexual vigor. This he attributes in part to a disparaging statement made by his wife to the effect that his parts were diminutive. The effect upon his sexuality was immediate and devastating. Since then he has been nervous and has suffered from premature ejaculation. He is most anxious to receive help.

In the past it was the custom for the physician to give the handicapped individual a pat on the shoulder and tell him that nothing could be done for him. Words of consolation rather than positive help were rendered the patient. Nothing was accomplished in this manner. My method consists of showing the subject how to de-

velop his organ. I taught the individual the necessary exercises and asked him to return in three months for re-examination.

On greeting the subject as he entered the office, I knew full well, even before taking the measurement, that the result was favorable because of the broad smile on the subject's face. He merely wanted me to confirm the fact that he was possessed with a satisfactory appendage. What was even more important was the correction of his prematurity. This was a recent individual changed into an aggressive male.

LOVE IS A SPECIFIC FOR CURING THE WEAK

Case Report

A gentleman who has begun to question his normality seeks information and advice relative to his lack of interest in women. This person is a great egotist. He has made considerable money in his enterprise, but now yearns for something which, as he expresses it, is greater than gold—the love of woman. He feels that it might be payable for him to fall in love but for the fact that his work and other obligations occupy most of his time. It became evident that here was a subject who wanted to have his cake and eat it at the same time.

This same businessman said that he had very little sex life. He owned a chain of stores which kept him

quite busy, traveling from one city to another. The few hours which were left free he spent at various board meetings of the many philanthropic organizations of which he was a member. His vacations were taken up by conventions. When he does have a free evening he usually is so tired that he drops on his bed and goes to sleep without even undressing.

It is plainly to be seen that this man's only goal in life is economic gain. He does not know the meaning of love. His altruism consists in making sizable donations to his favorite charities.

Now at this late hour in his life this confirmed self-centered and essentially selfish person has felt a craving for affection and love. Yet he has had such an impersonal life that the language of love is foreign to him. He has never known what it means to give of oneself. It becomes plain that all his concepts concerning social relationship have to be altered. Most men at this time of life do not choose to make this sacrifice; yet he does.

A plan of activity was arranged whereby his entire attitude toward society in general and women in particular was altered. He tackled the problem with the skill of a Romeo. Without curdling expense or effort he has persuaded himself to become humanized. He has made great concessions and has been rewarded. A charming lady is now his wife and graces a picturesque home in which they entertain in style. No aphrodisiac was re-

quired in this case other than a change in the way of living and the receipt of a woman's love.

THE ALL-BELIEVING SCALE

Case Report

The power of the sexual drive to blind man to the realities of life is amply illustrated in the following case history. A sailor who had just returned from overseas service proudly informed his family physician that his wife was going to be artificially impregnated on the following day. When the physician asked why the method of artificial insemination was being used instead of the natural method, the sailor replied that his wife not only desired but insisted on this means of inducing conception. This answer made the family doctor very curious. He asked to know the real truth of the matter, whereupon the sailor answered that though he had been married six months prior to his going overseas, he had never consummated the marriage. The reason for this most unusual conduct was that the wife had attacks of hysteria at the moment of contact and so corporal union was impossible.

This explanation did not ring true to this wise physician. He wanted to know where the trouble really lay and sought to ascertain the facts in the case. Also, it was the reflex of his mind that the sailor could not be

properly instructed so that he would know how to impregnate his wife by natural means.

"Truth is stranger than fiction," I said, as I heard this sailor recite his story. Each time he wanted to have relations with his wife she would go into a convulsion during which her arms would swing outward from her sides and her legs would cross. Union in this posture, of course, was impossible. This pattern of behavior was manifested only when contact was contemplated. The sailor felt sorry for himself but more so for his wife who he thought was afflicted with some strange ailment.

After hearing this story from the lips of the sailor, I suggested that his wife report for an examination. The next day his spouse appeared at the appointed hour and stated her case. Her defense was that she hated all men because her father had been so cruel to her mother. Thus hated she took out on her husband. She adored her mother because she never complained when her father abused her. "I know all about psychology," she added. "You know, I've read everything on the subject. Besides, I almost studied medicine. Wish I had. Believe me, I would have made an excellent psychiatrist. Then my husband would have been able to understand my behavior. I love my husband dearly, as a mother loves her son. Oh, I wish he could understand these things. But he doesn't. He hasn't had the education, poor fellow. Doctor, don't you think it's wonderful when people have insight into the way the mind works?"

A disillusioned sailor suddenly came to his senses. He well knew that his vital organs had suffered injury as a consequence of constant excitation without relief. The functional capacity of his organ had fallen to far below par. After the injured parts had been healed the once reawakened youth gained renewed confidence not only in himself but in mankind and womankind as well. With his reborn energy, he looked at life optimistically. Before long he made proper contacts and met a girl whose views were sensible and sincere. Now he has come to know what happiness means and has acquired that feeling of pride which only the masterful male possesses.

THE MASK OF THE PARAKOID

Case Report

Mrs. C. C. C. was referred to me by her physician because of intense pain in the clitoris. Painful sensations were felt occasionally during the day but most frequently at night. Sometimes the pain would be so severe that she was forced to call her physician, who administered morphine to give her relief. The patient states that the suffering she has been forced to endure has made her very nervous. When she is free of pain she is tormented by an annoying sensation around her genital. She suggested that I amputate

her clitoris. It is her opinion that this is the only procedure which will help her.

According to the subject's story, her disorder began as a local irritation of the clitoris which was provoked by the irritating secretions from the inflamed parts. This local excitation induced her to scratch this zone to the extent that the organ has become considerably enlarged. The painful throbbing sensations are so disturbing that she is kept awake at night. Practically every remedy has been tried. One physician attempted to "kill" the sensibility of this structure by injecting anesthetic solution. The condition was made worse by this treatment.

After hearing her story, I made a local examination. The intense redness of the parts was the result of trauma secondary to auto-circulation. There was every evidence that the subject was suffering from paranoia and she was referred back to her family physician with recommendations.

HICCUGH DUE TO SEXUAL FRUSTRATION

Case Report

A man in his seventies suddenly developed a case of hiccough. At first, he regarded the malady as a joke but after it had persisted for a few hours he became alarmed. Various home remedies were tried but none of them proved effective. He had their favorite pre-

scriptions. All of these were put into practice, but still the subject continued to suffer. The hiccoughs became louder and even awakened their neighbors. Physicians were called. Morphine and other drugs proved to no avail. Oxygen, carbon dioxide and other gases were inhaled, but the contraction of the diaphragm continued. All throughout the day and throughout the night the patient hicoughed. Consultants were summoned but none could help the distressed patient. In desperation he was moved to the hospital and a nurse was put on the case. After three hours of nursing care the hiccough stopped and two days later the patient went home feeling hale and hearty.

The real facts at issue in this case were not revealed in the medical history. The gentleman always prided himself on his virility. Then, as it must to all men, came the realization that time marches on and that though the spirit be willing the flesh must accede to the will of nature. As a consequence of a quarrel with his wife on the subject of her fidelity, the husband was thrown into a tantrum. The hiccough was the mode of body response to an unwelcome emotional state. However, his over-rough emotions were assuaged by the gentle voice, manner and confidence-inspiring personality of a brilliant nurse. It was her reassurance which caused the patient to divert his attention to a source of hope. As soon as his agitation had lessened, the proud old man

came to the conclusion that his period of sexual vigour had come to its end and decided to meet life fairly and squarely. Actually, the nurse cured the patient but received no other credit than a "thank you" and three days' salary. Such was the reward of the agent who really cured the patient.

RESULTS AND AFTER-THOUGHTS

The battle of the sexes goes on and on. Husbands and wives heed the law of nature, but often discover that their sexual life does not prove highly satisfactory. Where does the trouble lie? Is the male at fault? Is the female to blame? Is man's sexual education amiss? Do his elders direct him correctly? Or is society in error? Are people being misled into believing that the sexual goal is something which it is not?

With all the elated states of being which the sexual impulse awakens within man and woman, the lover and the loved, the toll which sexual longing exacts is very high. Feelings of despair seize vast numbers who look to the magnetic quality of sex to solve their displeasure with the humdrum and tediousness of everyday existence. Disillusionment is the consequence for all too many who are swallowed up in the maelstrom of sex enthrall-

cerning the conflict which sex engenders is to be found in the realization that sex goes to the very roots of man's culture. The sexual force which unites husband and wife is not sufficiently strong to offset the forces which tend to pull couples apart. Parents, relatives and friends all too frequently drive a wedge between couples by sowing the seeds of discontent. In a word, the attitude inculcated into couples is one of individualization rather than one of socialization.

One of the first obstacles to be overcome is inadequate organ behavior. Ability to function must be raised to a satisfactory level. I have pointed out the way in which nature's law may be fulfilled, without permitting fear to destroy one's sexual stamina.

Adequate physical intimacy between husband and wife is not easily achieved because young people are disciplined to be overly self-conscious in their attitude towards sex relationship in marriage. Where there is no feeling of sexual camaraderie, it is natural for many couples to be devoid of sexual confidence.

Sexual disharmony is due in part to the taboos which society has placed on the rightful use of the energies of men and women. The walls of misunderstanding can be broken down when couples are liberated from the dominance of a selfish society.

Most young men are reared in such a manner that they are critically frustrated. The potency of the husband in

many instances is not a balanced one. He suffers from ego deflation when he fails to fulfill his role as the dominant sex.

Science has been blamed for much of present-day nervousness. This contention cannot be substantiated. Sexual activity is a series of scientific phenomena and can be understood only in this light. Yet our society covers up the powerful sexual drive with an air of pretense. There can be no true love in sex unless there is love on one's fellow men.

One of the important points to be noted about people who are sexually repressed is that they frankly confess that they no longer get any thrill out of life. Sexual discontent leads to bodily discontent.

There are cases of frigidity which defy correction as long as the wife remains adamant in her attitude toward herself and society. Some wives are so in love with themselves that their infatuation amounts to a case of homosexual.

Sexual starvation among wives is the rule rather than the exception. All too many women are indoctrinated with the idea that nature's most treasured reaction is undignified.

A great deal is made over the harmful effect of frigidity. Sexual experiences upon the mind of impressionable women to the extent that they cripple a woman's mental and physical life. While it is true that some

of the things which the feminine sex sees or experiences lead to dull their emotional capacity, these episodes are often over-valued.

Fear that venereal disease has injured their sexual system causes certain women to be "cold" toward their husbands. Such women waste much of their energy striving to eradicate distasteful thoughts from their minds.

Right thinking in itself will not stabilize one's sexual equilibrium. The brain cannot execute its function unless its internal environment be sufficiently enriched. Chemical processes, which implies a sufficient quantity of hormones, are essential for effective and spirited body action. There can be no sexual mastery unless there is body brain.

Sexual stimuli act on man and sharpen his wits. Man in turn acts on his environment and harnesses its energy for his ease and comfort.

PATTERN OF LIFE Adjustment fashions mature individuals out of immature ones by harmonizing the emotional balance between the individual, society and nature. This mode of directing man's energies insures a type of individual who will see paramount issues and meet them in an intelligent and scientific way.

Doctors and lay people are realizing more than ever before the intimate relationship between overwrought emotion and body disorder.

Special studies and investigations are now being de-

and in cases in which an agitated mind does damage to the body. Such vital organs as the heart, liver, stomach, and such, influence kidneys and sexual organs, and be disturbed by emotional factor or indifference. Sexual intercourse can be physiological, psychological or conventional in its origin.

Their become apprehensive about their sexual life and their sexual function for many reasons. Some erroneously regard themselves as abnormal because they think they harbor ideas which are different from those held by normal people. Of course, such individuals do not know what constitutes "normality." They foolishly make up their own definition of "normal." Hence if they identify or do anything which does not conform to their idea of the normal, then such conduct makes them abnormal. Many individuals try to suppress that which is perfectly normal. Biologic ignorance concerning sex activity is widespread.

Neuroses are common because our normal picture is made to appear as abnormal. The question is frequently asked: How often should couples engage in coitus? That is a problem which should conform to the requirements of the parties concerned. There is no established norm. What is frequent for some is infrequent for others. Each according to his own desire is the only satisfactory solution.

lution have a congested prostate gland. Each act of coitus increases the irritation. The only way this state of abnormal stimulation can be quieted is by complete drainage of the parts in satisfying union.

In middle-aged men we see how enforced abstinence can lead to a diseased condition of the prostate gland and seminal reservoir. If the sexual secretions are not periodically evacuated, the sac containing this secretion swell up and become infected. We often note a sudden onset of bladder trouble in widowers, due to congestion of the seed sac. In such instances the enforced abstinence is the causative factor.

The practice of withdrawal (coitus interruptus) is a very common cause of sexual incapacity. True, a large number of men apparently are able to cohabit in this manner without showing any bad effects. Sooner or later, however, the sexual mechanism shows the strain. Sometimes the erection fails.

There is one bad habit displayed by some men which is detrimental to their sexual welfare. This is the habit of stripping the organ to see if there is any abnormal secretion within the meatus. Usually this method of self-examination is a carry-over from the days when they had, or thought they had, a venereal infection. Manipulating the genital organ will often produce an artificial discharge. The appearance of a small quantity of secretion leads some men to believe that this is due to a degeneration.

tive process within the sexual organ. Nervous young men think this is a cause of their undiminished sexual health.

A very difficult problem which often presents itself in married life arises when a husband contracts an innocent infection from his wife. Such disorders are not serious, but they often cause a lot of trouble. The wife immediately thinks of infidelity. In such cases it is best to examine a smear of the secretion. Quickly it can be proved that the causative germ is not the gonococcus. An examination by a competent physician can save much anxiety and preserve marital harmony.

How do innocent infections come about? The responsible factor is that intercourse is indulged in before, during or immediately following the menstrual period. Normally there are always germs in the vagina. At the monthly period, these germs are increased in number. They also become more active at this time. If the husband has a long foreskin, the germs may find this hiding place an ideal site for growth. Bacteria can now easily enter the canal and grow on the delicate lining membrane. A discharge soon appears. Such disorders can usually be cured without difficulty. To avoid this annoyance, coitus should be foregone during the menses. Impotency is a problem which confronts a large number of married men. Most of those who are so affected regard their sexual deficiency as a curse. They make the

problem of getting over their condition very difficult for themselves. In this regard, I have pointed out that there is salvation for the thousands of men who are sexually starved because of their ignorance.

Frigidity—the bane of some women's existence—is curable. The female must learn to cast aside her attitude of shame. She must also give up her juvenile concepts of sex. When the female becomes a true loving partner, *her frigidity* will be melted by the warmth of the spirit. In the first and last analysis, she will to possess sexual power is the primary requisite for correction of sexual incompetence. Those who are shackled by the chains of fear will be freed when they conform to the laws of nature.

Environmental influences—by which is meant the attitude of parents, schoolteachers, relatives, friends, class-mates and associates, as well as the books, articles and newspapers one reads, the lectures one hears and every other source of knowledge—all these forces serve to establish one's state of mind toward sexual activity. If the parents take the position that sex relations are debasing, their children will be imbued with infantile sexual reactions.

When married women state that they were quite grown up before they knew how babies came into the world, one wonders if they are naive or merely the victims of pretending.

Neurosis is a national disorder because repression is nationwide. The struggle of the individual for self-expression is a fight against convention in which few succeed.

However, more and more people today are being rescued from a life of sexual despair than in previous decades. People are awakening to the possibility of revamping one's life. Formerly, such terms as "sexual deviation," "sexual impotence," and "frigidity" served to instill a paralyzing form of fright in those who regarded themselves as sexually off-balance. Today, people of all ages have begun to think for themselves and have made valuable strides toward liberating themselves from a life of everlasting regret.

PATTERN OF LIFE ADJUSTMENT provides a way for the prevention of many sex tragedies and thus assures a more stable and happy society.

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